

# € TRAINING

Emotional Intelligence for Leadership  
Excellence



29 April - 3 May 2024  
Lisbon (Portugal)



# Emotional Intelligence for Leadership Excellence

REF: Z2115 DATE: 29 April - 3 May 2024 Venue: Lisbon (Portugal) - Fee: 5940 Euro

## Introduction:

This training program is designed to equip participants with the skills necessary to excel in leadership roles and foster effective teamwork within corporate settings. It empowers leaders to navigate complex work environments with empathy, resilience, and a strategic approach to collaboration.

## Program Objectives:

At the end of this program, participants will be able to:

- Develop social skills like self-awareness, encompassing the capacity to perceive and comprehend one's own moods, feelings, and desires as well as their impact on others.
- Cultivate empathy, fostering the capacity to perceive and respond to others' emotions in various situations.
- Strengthen interpersonal abilities, demonstrating proficiency in maintaining connections and expanding networks effectively.
- Enhance resilience and adaptability, improving the ability to handle criticism and adversity constructively.
- Acquire leadership techniques for fostering collaboration with others towards shared goals and objectives.

## Targeted Audience

- Executives and leaders aiming to enhance their leadership effectiveness through emotional intelligence.
- Managers and supervisors seeking to foster a more collaborative and innovative team environment.
- HR professionals interested in implementing emotional intelligence training initiatives within their organizations.
- Teams or departments looking to improve communication, collaboration, and overall performance through enhanced emotional intelligence skills.

## Program Outline:

### Unit 1:

#### Learning about emotional intelligence:

- Emotional Intelligence Quotient: Definition EQ.
- Personal and interpersonal abilities.

- Workplace emotional intelligence.
- The importance of recognizing personality differences for creative teamwork.
- EQ removes barriers to teamwork.
- Building cooperation is essential for managerial success.

## Unit 2:

### Applying your Emotional Skills:

- Becoming aware of your emotional expressions.
- Emotions and decision making.
- Idea generation and problem solving.
- Develop your emotional imagination.
- Getting things done through people.
- Managing anger at work.

## Unit 3:

### Improve your emotional intelligence:

- Recognizing EQ abilities.
- Understanding one's feelings and the impact they have.
- Accurate self-evaluation for personal change.
- Knowing one's assets and liabilities.
- Self-confidence is a strong belief in one's abilities and value.
- Increasing credibility for corporate transformation.

## Unit 4:

### Emotionally Intelligent Manager:

- Building effective teams.
- Listening openly and sending convincing messages.
- Inspiring and guiding individuals & teams.

- Instituting and managing change.
- Nurturing relationships.
- Creating synergy in teams.

## Unit 5:

### Leadership Strategies:

- Assessing your leadership style.
- Accountable Leadership for managing performance.
- Value-based leadership to manage people.
- Working with others towards shared goals.
- From delegation to empowerment.
- Developing an action plan.