

# EMOTIONAL INTELLIGENCE IN LEADERSHIP

**PRICE: \$2280**

## **COURSE OBJECTIVES**

- Understand the concept of emotional intelligence and its relevance in leadership.
- Identify the components of emotional intelligence and their implications for leadership behaviour.
- Explore the impact of emotional intelligence on individual and team performance.
- Develop self-awareness and self-regulation skills to manage emotions effectively.
- Enhance empathy and interpersonal relationships to foster a positive work environment.
- Cultivate social awareness and relationship management skills to inspire and motivate teams.
- Apply emotional intelligence competencies in real-world leadership scenarios for sustainable organizational success.

## **COURSE OUTLINE**

### **MODULE 1: INTRODUCTION TO EMOTIONAL INTELLIGENCE AND LEADERSHIP**

- Definition and history of emotional intelligence
- The role of emotional intelligence in effective leadership
- Case studies and examples of emotionally intelligent leaders

### **MODULE 2: COMPONENTS OF EMOTIONAL INTELLIGENCE**

- Self-awareness: Understanding one's emotions, strengths, weaknesses, and values
- Self-regulation: Managing and controlling emotions, impulses, and reactions
- Motivation: Setting and achieving personal and organizational goals
- Empathy: Understanding and sharing the feelings of others
- Social skills: Building rapport, communication, conflict resolution, and collaboration

### **MODULE 3: IMPACT OF EMOTIONAL INTELLIGENCE ON LEADERSHIP**

- How emotional intelligence influences decision-making and problem-solving
- Creating a culture of trust, respect, and psychological safety
- Leveraging emotional intelligence for effective team leadership and management

### **MODULE 4: DEVELOPING SELF-AWARENESS AND SELF-REGULATION**

- Techniques for self-reflection and introspection
- Strategies for managing stress and handling challenging situations
- Mindfulness practices for enhancing self-awareness and emotional regulation

### **MODULE 5: CULTIVATING EMPATHY AND INTERPERSONAL RELATIONSHIPS**

- Active listening skills and empathetic communication
- Building rapport and fostering trust with team members
- Recognizing and understanding non-verbal cues and emotional signals



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## **MODULE 6: SOCIAL AWARENESS AND RELATIONSHIP MANAGEMENT**

- Developing a keen understanding of organizational dynamics and culture
- Strategies for conflict resolution and negotiation
- Inspiring and motivating teams through effective leadership communication

## **MODULE 7: APPLICATION OF EMOTIONAL INTELLIGENCE IN LEADERSHIP**

- Integrating emotional intelligence into leadership development plans
- Real-world case studies and simulations for practicing EI competencies
- Action planning for continued growth and development in emotional intelligence

## **DELIVERY METHODOLOGY**

- Interactive lectures and presentations
- Group discussions and activities
- Role-plays and simulations
- Case studies and real-world examples
- Self-assessment tools and exercises
- Coaching and feedback sessions

## **EVALUATION AND ASSESSMENT**

- Pre-course assessment to gauge participants' baseline understanding of emotional intelligence
- In-course quizzes and knowledge checks to reinforce learning
- Post-course evaluation to measure participants' proficiency in EI competencies and their application in leadership contexts

## **DURATION:**

This training program is typically conducted over a span of 2-3 days, with each day consisting of approximately 6-8 hours of instruction and activities.

By the end of this training program, participants will not only gain a deeper understanding of emotional intelligence but also develop practical skills to apply EI competencies in their leadership roles, fostering a culture of empathy, collaboration, and high performance within their teams and organizations.