

# € TRAINING

Leading with Emotional Intelligence EI





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## Introduction:

Leading with Emotional Intelligence EI focuses on leveraging emotional awareness and regulation to excel in leadership roles. It involves understanding and managing one's own emotions while empathizing with and influencing the emotions of others to build strong, effective teams. By integrating self-awareness, empathy, and communication skills, leaders can foster a positive work environment and drive better decision-making. This approach enhances team cohesion and significantly contributes to achieving strategic objectives and organizational success.

## Program Objectives:

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

- Develop a profound self-awareness of their own emotions and how these impact their leadership style.
- Influence and motivate others effectively through an understanding of emotional dynamics.
- Cultivate an environment that supports and enhances emotional intelligence within the organization.
- Apply psychological principles to leadership to improve decision-making and team dynamics.
- Strengthen teamwork and collaboration by leveraging emotional intelligence to understand and manage diverse personality styles.
- Foster a work environment characterized by emotional intelligence and positive interpersonal relationships.

## Targeted Audience:

- Managers and Team Leaders.
- Human Resources Professionals.
- Executives and Directors.
- Emerging Leaders.
- Professionals in Leadership and Interpersonal Development.

## Program Outline:

Unit 1:

Introduction to Emotional Intelligence:

- Understanding Emotional Intelligence EI and its components.
- The role of EI in effective leadership.
- The importance of perception and attitudes in leadership.
- Consequences of low EI on personal effectiveness.
- Identifying and addressing emotional blind spots.

## Unit 2:

### Psychology of Leadership:

- Theories of leadership and their relevance.
- Importance of self-concept in leadership.
- Understanding and optimizing personality styles.
- Adaptability in managing diverse personalities.
- Balancing task-oriented and relationship-oriented leadership approaches.

## Unit 3:

### Applying Psychology in Leadership:

- Enhancing self-awareness to lead effectively.
- Increasing social awareness through empathy.
- Strategies for delegating tasks and responsibilities.
- Techniques for influencing and inspiring others.
- Identifying and addressing personality disorders and managing challenging behavior.

## Unit 4:

### Building an Emotionally Intelligent Team:

- The impact of EI on team effectiveness and performance.
- Strategies for motivating high-performance teams.
- Techniques for building cohesive and unified teams.
- Using EI to foster trusting relationships and resolve conflicts.



- Strategies for increasing the overall EI of teams and the organization.

## Unit 5:

### Communication for Successful Leadership:

- Effective techniques for giving and receiving feedback.
- Understanding the psychology of persuasion.
- Creating and communicating an inspiring vision.
- Approaches for solving people-related problems at work.
- Developing leadership integrity and maintaining high EI in communications.