

# € TRAINING

Leading with Emotional Intelligence





# Leading with Emotional Intelligence

## Introduction:

This workshop is designed to equip participants with the skills to harness emotional intelligence EI for effective leadership. It focuses on building self-awareness, fostering meaningful relationships, and creating environments that inspire trust, collaboration, and high performance.

## Workshop Objectives:

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

- Understand the principles of emotional intelligence and its impact on leadership.
- Develop self-awareness and self-regulation skills for effective decision-making.
- Enhance empathy and social skills to build stronger team connections.
- Apply EI techniques to manage conflicts and foster collaboration.
- Create a leadership style that inspires trust and motivates teams.

## Target Audience:

- Managers and leaders aiming to enhance their leadership capabilities.
- Team leaders seeking to build stronger relationships with their teams.
- HR professionals focusing on leadership and emotional intelligence development.
- Project managers overseeing diverse teams and stakeholder interactions.
- Professionals aspiring to leadership roles requiring advanced interpersonal skills.

## Workshop Outline:

### Unit 1:

#### Foundations of Emotional Intelligence in Leadership:

- Define emotional intelligence and its role in effective leadership.
- Understand the five components of EI: self-awareness, self-regulation, motivation, empathy, and social skills.

- Explore the connection between EI and team performance.
- Discuss the benefits of leading with EI in dynamic organizational settings.
- Identify personal EI strengths and areas for growth.

## Unit 2:

### Building Emotional Intelligence Skills:

- Develop techniques for enhancing self-awareness and self-regulation.
- Learn methods for managing emotions under pressure.
- Explore strategies for building empathy and understanding diverse perspectives.
- Improve communication skills to foster trust and collaboration.
- How to practice active listening and providing constructive feedback.

## Unit 3:

### Applying Emotional Intelligence in Leadership:

- Learn techniques for resolving conflicts using EI principles.
- Explore methods for motivating teams through emotional connection.
- Discuss strategies for creating a positive and inclusive team culture.
- Identify ways to adapt leadership styles to different situations.
- Establish a framework for continuous growth in emotional intelligence.