

€ TRAINING

Advanced Emotional Intelligence

A group of four smiling business professionals (two men and two women) are seated at a table in a meeting room. They are all wearing white shirts. The woman in the foreground is wearing a black top and a multi-strand necklace. The background is a bright, modern office setting with large windows.

2 - 6 December 2024
Lisbon (Portugal)



Advanced Emotional Intelligence

REF: Z2325 DATE: 2 - 6 December 2024 Venue: Lisbon (Portugal) - Fee: 5940 Euro

Introduction:

This training program involves a deeper mastery of recognizing, understanding, and managing emotions in oneself and others. It encompasses enhanced self-awareness, sophisticated self-regulation, and nuanced empathy, enabling individuals to navigate complex interpersonal dynamics effectively. This advanced level of emotional intelligence supports strategic decision-making and fosters stronger, trust-based relationships. By leveraging these skills, leaders can drive organizational success and maintain resilience in challenging environments.

Program Objectives:

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

- Develop emotional excellence in themselves and others.
- Create a work culture where employees feel valued and engaged.
- Motivate employees effectively through advanced emotional intelligence techniques.
- Understand and manage positive eustress and maintain a healthy work-life balance.
- Foster teamwork and collaboration using emotional intelligence principles.
- Enhance communication and build positive relationships within the organization.

Targeted Audience:

- Managers and Team Leaders.
- Executives and Directors.
- Human Resources Professionals.
- Mental Health Professionals and Coaches.

Program Outline:

Unit 1:

Advanced Understanding of Emotional Intelligence and Emotional Excellence:

- History of Emotional Intelligence.
- Emotional Intelligence Defined and Applied at Work.

- Emotional Intelligence Blueprint.
- Developing Optimism and Overcoming Pessimism.
- Validating Emotions in Ourselves and Others.
- Applying Emotional Excellence at Work.

Unit 2:

Understanding and Managing Emotional Stress, Anxiety & Depression:

- Understanding Emotional Stress.
- Stressors on Our Lives.
- Anxiety and Depression: Theoretical Perspectives.
- Recognizing Anxiety Disorders.
- Dealing with Post-Traumatic Stress Disorder.
- Theoretical Approaches to Managing Depression.

Unit 3:

Understanding Human Development for Building Healthy Self-Esteem:

- Understanding Healthy Human Development.
- Applying Erikson's Stages of Psychosocial Development.
- Improving Self-Esteem.
- Understanding Our Inner Dialogue.
- The Power of Thought.
- Theoretical Approaches to Creating Desired Outcomes.

Unit 4:

Emotionally Excellent Relational Skills:

- Creating Positive Relationships.
- Growing Self-Awareness.
- Breaking Communication Barriers: Theoretical Approaches.

- Applying Effective Communication Strategies.
- Frames of Reference.
- Creating Synergy in Teams.

Unit 5:

Emotional Excellence for Work-Life Balance:

- Understanding Eustress and Its Effects.
- Building a Solid Foundation for Work-Life Balance.
- Theoretical Strategies for Mental Resilience.
- Managing Distress at Work.
- Holistic Management of Negative Stress.
- Developing an Action Plan: Theoretical Perspectives.