Emotional Intelligence in Leadership Pinnacle Training

Description

Introduction

This highly participative seminar will help you to develop your emotional intelligence skills to lead others and provide tips and strategies for success. This course will enable the leader to receive 360° feedback about his strengths and weaknesses. Delegates will obtain the latest insights into mastering their own emotions, developing personal effectiveness and building human relations skills. By applying these leadership skills to the tasks and challenges you face in your work, you will begin to experience breakthroughs you never thought possible.

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objectives

This seminar aims to enable participants to achieve the following objectives:

- Explain what is interpersonal and intrapersonal skills in emotional intelligence
- Demonstrate ability to receive 360 feedback to uncover your emotional blind spots
- Apply emotional intelligence in giving and receiving feedback
- Use emotionally intelligent skills in building working relationships non-defensively within the team
- Use decision making skills for handling crisis

Contents

Day One

Understanding Emotional Intelligence

- What is emotional intelligence
- Developing self-awareness through personality assessment
- What should you do less?
- What should you do more?
- Applying 360° feedback to develop our emotional intelligence

Day Two

Emotional Intelligence for Relationship Building

- Your areas of growth as perceived by others
- Your leadership strengths as perceived by others
- Receiving 360° feedback from the supervisor
- How others perceive you when handling change in the workplace
- Developing emotionally healthy working relationships

Day Three

Leading With Emotional Intelligence During Crisis

- Assertiveness to express feelings
- Receiving 360° feedback from subordinates
- Confronting problem employees
- Leading others during sudden changes
- Balancing work and family while under pressure

Day Four

Leading Change with Emotional Intelligence

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- Improving interpersonal communication
- Receiving 360° feedback from peers
- Managing stress in times of change
- Removing blocks to creativity in times of change
- Managing resistance to change with emotional intelligence
- Supporting team members in times of change

Day Five

People Building for an Emotionally Intelligent Workplace

- What is empowerment
- Empowering employees to achieve shared vision
- Characteristics of an empowered leader
- Motivating employees for success
    - Developing a personal action plan