

## Developing Emotionally Intelligent Management & Leadership Strategies

| Date                | Venues | (\$Fees | Book your seat               |
|---------------------|--------|---------|------------------------------|
| 08 Dec -12 Dec 2024 | Dubai  | 3200    | <a href="#">Register Now</a> |

### Course overview

Understanding and raising your Emotional Intelligence is essential to your success and leadership potential. In this programme, delegates learn how to:

- Develop the ability to sense, understand and effectively apply emotions as a source of leadership, communication and influence
- Gain insights into perceptions and its importance in the workplace
- Understand how EQ influences the way they respond to others and themselves
- Discover how to apply EQ in the workplace for building teamwork and accountable leadership

### Course objective

- Develop interpersonal skills such as self-awareness, which is the ability of an individual to recognize and understand one's moods, emotions and drives as well as their impact on others
- Cultivate empathy or the ability to understand the emotional makeup of other people and skill in responding according to their emotional reactions
- Develop interpersonal skills which indicate the individual's proficiency in managing relationships and building networks
- Develop skills in responding to criticisms & adversity
- Leadership strategies for working with others towards shared goals

### Who should attend?

- This programme is designed for all managers, leaders & professionals who need to have in-depth knowledge of human behaviors
- Anyone who is interested in developing themselves to be a better leader and manager
- Individuals who desire to apply psychological knowledge to result in management and leadership strategies.
- Individuals who wish to understand their emotions and how it affects those around them and their productiveness in the workplace.

### Course outline

- What is Emotional Intelligence
- Develop your emotional skills
- Applying your emotional skills
- Emotionally intelligent manager
- Leadership Strategies
- Managing emotional stress

## Training methodology

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Games & Role plays



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