



Leading With

EMOTIONAL INTELLIGENCE



In today's complex and competitive business environment, leadership skills have become crucial for success. However, being an effective leader is more than just having technical knowledge or decision-making skills. Emotional intelligence is equally important, and it refers to the ability to understand and manage your own emotions and those of others. **Leading with Emotional Intelligence** is a program that will help you develop these skills and apply them in the workplace.

- The principles of emotional intelligence, including self-awareness, self-management, social awareness, and relationship management.
- Techniques for increasing self-awareness and managing emotions.
- The impact of emotions on decision-making and how self-awareness can improve decision-making.

Our experienced trainers will provide interactive exercises, group discussions, and real-world scenarios to help participants apply the principles of emotional intelligence in the workplace. Participants will have the opportunity to practice their skills in a safe and supportive environment and receive feedback from their peers and trainers. By the end of the program, participants will have a better understanding of emotional intelligence and how it can improve their leadership skills and enhance their ability to lead effectively.

Our Leading with Emotional Intelligence training program is a highly interactive and engaging program that includes:

- Expert-led training sessions that cover the principles and skills needed to develop emotional intelligence and apply it in the workplace.
- Interactive exercises and real-world scenarios that allow participants to practice their skills and receive feedback from their peers and trainers.
- Small group discussions and peer feedback sessions that encourage collaboration and knowledge sharing.
- Action planning and follow-up support to ensure that participants can apply their new skills and strategies in their personal and professional lives.

At the end of the program, participants will:

- Have a better understanding of their own emotions & how they affect their behavior and decision-making.
- Learn how to manage their emotions more effectively, which can lead to better decision-making, improved communication, and increased productivity.
- Learn how to understand the emotions and perspectives of others, which can lead to improved relationships and increased empathy.
- Learn how to build and maintain positive relationships, which can lead to improved communication and teamwork.
- Connect better with their team members and understanding their emotions, leaders will be able to foster loyalty and commitment among their team members

Our **Leading With Emotional Intelligence** Training Program is available in both online and in-person formats and can be customized to meet the specific needs and goals of your organization.



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Program Overview

Module 1: Introduction to Emotional Intelligence

- Define emotional intelligence and its importance in leadership.

Module 2: Self-Awareness

- Understand the importance of self-awareness in leadership.
- Learn exercises to help increase self-awareness such as journaling and introspection.
- Understand the impact of emotions on decision-making and how self-awareness can improve decision-making.

Module 3: Self-Management

- Understand the importance of managing emotions in leadership.
- Learn techniques for managing emotions such as mindfulness and relaxation exercises.
- Understand the role of empathy in self-management.

Module 4: Social Awareness

- Understand the importance of understanding the emotions and perspectives of others in leadership.
- Learn exercises to increase empathy and perspective-taking, such as active listening and role-playing.
- Understand the impact of culture and diversity on social awareness.

Module 5: Relationship Management

- Understand the importance of managing relationships in leadership.
- Learn techniques for building and maintaining positive relationships, such as effective communication and conflict resolution.
- Understand the impact of emotional intelligence on team dynamics and collaboration.

Module 6: Review & Application:

- Opportunities for participants to practice and apply what they have learned in a simulated or real-world setting.
- Group discussion and feedback on the application of Emotional Intelligence in leadership.
- Review the key concepts and takeaways from the program.

Learning Formats



Duration

- Two-day (12 hours) or one-day (7 hours) of classroom learning
- Four 3 hours virtual instructor led sessions

Materials

- Learner Guide
- Course completion certificate
- Six-week ongoing learning experience

Contact us today to learn more about our **Leading With Emotional Intelligence** program, and discover how we can equip you with the skills to effectively manage your emotions, build strong relationships, and lead with empathy and authenticity.

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