

MANAGING AND LEADING WITH EMOTIONAL INTELLIGENCE – 2Days

Deliver Higher Performance and Manage Change Better

Emotional Intelligence (EQ) is perhaps, the single most important leadership competency in the contemporary workplace! Leaders who have higher levels of emotional intelligence create positive work environments, generate higher levels of employee engagement, deliver higher performance, manage change better and experience less work-based stress. This program explores the basic theory and practice of emotional intelligence and quickly moves on to the application of EQ to a wide range of management and leadership issues

Learning Objectives

Participants will:

- Understand the motivational and performance power of being an emotionally intelligent manager
- Be encouraged to address personal development needs in a supportive yet professional environment
- Understand the key components, skills and assumptions behind EQ
- Improve their ability to recognize and encourage others
- Be challenged to execute important leadership skills
- Become a rounded manager who is capable of enlightened leadership in a contemporary workplace
- Be better able to create positive yet high-performance work environments as a result of their authentic leadership

Learning Content

- Fundamentals of Human Behaviour
- Emotional Intelligence
- Concept and Components of EI
- The business case for EI
- Emotional and rational brains
- Examples of low/high EQ
- The law of connection
- Leadership EQ Competency Framework
- Self-Awareness (Johari's Window)
- Improving Your Leadership EQ
- Self-Motivation (Developing your Leadership Brand)
- Self-Regulation (Provisional Language)
- Social Awareness (Learner / Judger Mindsets)
- Social Skills (Questioning / Listening)

Fee: Negotiable

Discounts off regular fees for open Programme: 3 -5 nominations 5%

Programme also available as in-plant. Fee: Negotiable

Who Should Attend?

Senior Supervisors, Team Leaders, Management Trainees as well as Managers in both public and private sector organisations

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