Leading with Emotional Intelligence

Emotional intelligence is a critical skill for leaders in the workplace. By Identifying, analysing and managing emotions and the way it impacts behaviours in not only themselves but in others, leaders can enhance relationships, promote positive behaviours and improve overall team performance. This powerful and interactive virtual classroom session provides leaders with the practical skills to utilise the power of E.I. to engage and promote a positive work environment.

Click here to access the video overview.

Snapshot

Duration: 90 minute

Learning Outcomes

At the end of this program you will be able to:

- Identify and analyse emotional intelligence

- Gain strategies to drive self awareness and social awareness

- Develop personal leadership and relationship management techniques to overcome challenges and promote E.I. in the workplace

Course Outline

- The science of emotional intelligence

- The Goleman model

- The power of self and social awareness

- The mindful leader

- Managing relationships - SCARF Model

- Practical steps utilising the ladder of inference

- Engage and empower others with E.I. behaviours