

Leading With Emotional Intelligence: How to Enhance your Leadership Style with EQ

Continuing Professional Development

Instructor:

Inna Haas, Psychologist (PhD), Life & Executive Coach

Aim:

Whether it is managing your subordinates, colleagues or superiors, whether you are dealing with clients, suppliers or your own family, unless you can establish a connection with the people across the table, you cannot yield the maximum results. The key to this connection is Emotional Intelligence (EI).

This seminar will help you to better notice, understand and identify emotions in yourself and others. You will learn how to manage emotions effectively and use them to improve communication at work and in private life. Throughout the seminar you will explore and practice essential EI tools and techniques that will enable you, your team and your organization to enhance performance.

Objectives:

- Recognize, understand and manage emotions in yourself and others
- Connect with others and communicate more effectively
- Motivate others to perform as a group and build a great team spirit
- Implement a high-performance work culture with high levels of self-motivation
- Improve leadership and managerial skills by being emotionally aware and mindful
- Use EI as a tool to enhance performance at work

Who should attend the seminar?

The seminar is designed for business leaders, owners, managers, HR specialists, recruitment companies and freelance professionals who wish to improve their leadership and communications skills.

27 & 29 of May
9:00-12:15 (6 CPD Units)

Live Online
Fee: €200
Click [here](#) to register

SEMINAR PROGRAM

		LEADING WITH EMOTIONAL INTELLIGENCE
Time	Duration	Description
09:00 – 10:30	1:30	Module-1: Definitions & Concepts - Origins and Background - The 4 Dimensions of EI - Understanding Emotions: Emotions in Ourselves & Emotions in Others - The Intensity of Emotions - 5 Factors - Wheel of Emotions - Forms of Expressing Emotions - The Vocabulary of Emotions - Emotions and Body Language - Decoding Emotions - Group exercises / individual practice
10:30 - 10:45	0:15	C O F F E E B R E A K
10:45 – 12:15	1:30	Module-2: EI in Business - Role and Relevance of EI in the Workplace - EI and Recruitment - EI and Motivation - EI and Job Satisfaction - EI and Job Performance - Impact of high & low EI at work (examples & case studies) - Benefits & Advantages vs Drawbacks to using EI in Business - Group exercises / individual practice
DAY 2		
09:00 – 10:30	1:30	Module-3: Managing Emotions - Principles and Techniques of dealing with Emotions - Basic Process Model for regulating Emotions - How to deal with typical EI Problems at Work - Group exercises / individual practice
10:30 - 10:45	0:15	C O F F E E B R E A K
10:45 - 11:30	0:45	Module-4: EI as a Tool to Enhance Performance - Key Aspects of Facilitating Performance: Relationship Management, Needs & Values, Coping, Creativity, etc. - Implementing EI in the Workplace - Practical Tipps for making EI work for You and your Team - Setting an Action Plan for ongoing EI Engagement - <i>Using EI in HR (Interview Questions and Techniques) – optional*</i> - Group exercises / individual practice
11:30 - 12:15	0:45	Final Comments and Closing Remarks - SESSION FEEDBACK - RECOMMENDED BOOKS - TAKE HOME MESSAGE / FURTHER PRACTICE - DEVELOPMENT MAP - EMOTIONS DIARY - GRATITUDES
Total Net Duration	6:00	END OF SEMINAR