

## Emotional Intelligence for Managers & Leaders

*Amsterdam (Netherlands)*

*24 March - 4 April 2025*

UK Training

# PARTNER



## Emotional Intelligence for Managers & Leaders

Code: LM28 From: 24 March - 4 April 2025 City: Amsterdam (Netherlands) Fees: 7500 Pound

### Introduction

The Emotional Intelligence for Managers & Leaders course is a cutting-edge program designed to equip participants with the latest knowledge and advanced skills required to excel in leadership roles. This course delves into the most modern and innovative concepts, strategies, and tools used in emotional intelligence to enhance managerial and leadership effectiveness. Participants will gain a deep understanding of the key principles, frameworks, and best practices shaping emotional intelligence in the workplace today.

### Objectives

- **Develop Emotional Intelligence EI competencies:** Participants will develop a solid foundation in EI, including self-awareness, self-regulation, empathy, social skills, and motivation. They will understand the importance of EI for effective leadership and managerial success.
- **Enhance leadership skills through EI:** This course will explore how emotional intelligence can be leveraged to enhance leadership capabilities. Participants will learn how to inspire and motivate their teams, build strong relationships, and effectively manage conflicts by applying EI principles.
- **Foster a positive work environment:** Participants will understand the impact of emotional intelligence on creating a positive and inclusive work culture. They will learn strategies to cultivate emotional intelligence within their teams, foster collaboration, and promote employee well-being.
- **Develop effective communication skills:** This course will focus on developing effective communication skills through emotional intelligence. Participants will learn to listen actively, communicate with empathy, and adapt their communication style to different individuals and situations.
- **Manage and regulate emotions in the workplace:** Participants will gain insights into managing and regulating emotions, both their own and others', in the workplace. They will learn techniques for handling stress, managing conflicts, and promoting emotional well-being within their teams.

### Course Outline

#### Day 1

##### Introduction to Emotional Intelligence EI

- Understanding the concept and importance of EI
- Key components of EI: self-awareness and self-regulation

#### Day 2

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## Empathy and Social Awareness

- Developing empathy and understanding others' perspectives
- Enhancing social awareness and building strong relationships

## Day 3

### Motivation and Goal Setting

- Harnessing motivation for personal and team success
- Setting and achieving meaningful goals

## Day 4

### Emotional Intelligence in Leadership

- Applying EI principles to leadership roles
- Inspiring and motivating teams through emotional intelligence

## Day 5

### Effective Communication through EI

- Active listening and empathetic communication
- Adapting communication styles to different situations

## Day 6

### Emotional Intelligence and Conflict Management

- Managing and resolving conflicts using EI
- Promoting a constructive and collaborative work environment

## Day 7

### Emotional Intelligence and Decision Making

- Using EI to make informed and effective decisions
- Managing emotions in decision-making processes

## Day 8

### Emotional Intelligence and Team Building

- Building high-performing teams through EI
- Fostering collaboration and trust

## Day 9

### Emotional Intelligence and Stress Management

- Managing stress and promoting emotional well-being
- Building resilience in the workplace

## Day 10

### Emotional Intelligence for Organizational Success

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- Applying EI principles for organizational effectiveness
- Creating a culture of emotional intelligence

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