

Emotional Intelligence for Strong Leaders

Course Code

SSBS151

Duration

1 Day

Format

Classroom | Classroom/Virtual | Virtual

Overview

Whether leading in a small team or as a head of state, self-awareness and self-management are traits that are shared by every successful leader. The ability to maintain objectivity and composure when the going gets tough and to respond to the demands of the role with clarity and consistency is the measure of a leader. Decision-making under pressure, managing resistance to change, leading in a crisis, all put the leader in the spotlight and present challenges that can potentially topple even the most experienced among us. Emotional Intelligence is the ability to manage ourselves and others in specific and challenging environments. It supports us to hold our own while maintaining compassion and authenticity in tough times.

This one-day programme will allow participants to assess their Emotional Intelligence, developing the building blocks to enhance it so as to achieve this fundamental leadership trait.

Objectives

Increase Emotional Intelligence to build leadership skills and confidence..

Content

- How Emotionally Intelligent Am I
- Self-Assessment Questionnaire
- Identify my natural strengths
- The Five Dimensions of Emotional Intelligence
- Raising my emotional self -awareness
- Emotional Intelligence and the workplace
- Identifying and responding to needs
- How to motivate self and others
- Decision-making and Leading in Challenging Times
- Maintaining calm and consistency
- Me as an Authentic Leader
- Case Studies: Using Emotional Intelligence to enhance my natural leadership

Who Should Attend

This course is suitable for anyone whose role requires them to take on the pressures of leading a team of people or in a leadership role in a new project. Managers, Directors and Team Leads or indeed anyone considering a leadership role in the future will benefit from the fundamental skills acquired on this one-day training.

The programme can be delivered to new leaders or those already experienced in the role.

Prerequisites

There are no prerequisites for this course.

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