



Leading With Emotional Intelligence: The Psychology of Leadership

Website: www.btsconsultant.com

Email: info@btsconsultant.com

Telephone: 00971-2-6452630

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Introduction

Gain the ability to recognize and positively manage emotions in yourself, in others and in groups!

Recent studies indicate that emotional intelligence is a powerful key to effective leadership. This valuable workshop delivers the in-depth knowledge and practical skills you need to ensure that you are a strong, emotionally intelligent leader. You will also learn how to apply emotional intelligence to specific leadership situations to gain the authority and success you strive for as a leader.

Who Should Attend?

All leaders who want to create an emotionally healthy, productive workplace and organizational culture to enhance their effectiveness and their ability to form trusting relationships and manage their frustrations and those of others at work. This workshop will keep you current on recent, cutting-edge developments in leadership theory and practice, and help you better collaborate and manage conflict.

Course Objectives:

By the end of this course, participants will be able to:

- Gain an honest and accurate awareness of Yourself
- Monitor and adapt your own emotions and behaviors for your benefit and that of your Team & Department
- Have a positive influence on the emotions and motivation of others
- Develop cohesive, emotionally intelligent teams
- Create an atmosphere that fosters emotional intelligence
- Adaptability in dealing with different personalities
- Understand and apply the psychology of leadership

Course Outline:

Day 1 - Introduction to Emotional Intelligence

- Understanding emotional intelligence & its components
- Significance of EQ to effective leadership
- Importance of perception
- Attitudes & behavior of leaders
- Consequences of low EQ to personal effectiveness
- Removing emotional blind spots

Day 2 - Psychology of Leadership

- Theories of leadership
- Importance of self-concept
- Understanding personality styles
- Optimizing our personality strengths
- Adaptability in dealing with different personalities
- Task versus relationship oriented leadership

Day 3 - Apply Psychology in Leading in an Emotionally Intelligent Way

- Enhancing self-awareness
- Empathy : Increase your level of social awareness
- Delegating tasks and responsibilities
- Influencing and inspiring people
- Identifying personality disorders
- Managing difficult behavior & poor performance

Day 4 - Building an Emotionally Intelligent Team based on Psychological Principles

- Importance of EQ to team effectiveness
- Motivating a high performance team
- Building unified teams
- EQ for building trusting relationships
- Conflict resolution for promoting consensus & collaboration
- Increase the EQ of your teams & entire organization

Day 5 - Communication for Successful Leadership

- Giving & receiving feedback
- Psychology of persuasion
- Creating an inspiring vision
- Solving people problems at work
- Non-alienation for high EQ leadership
- Developing leadership integrity