



Training Course Profile

Leading With Emotional Intelligence



M1Skillnet.ie

Leading with Emotional Intelligence

Where In person

Aimed At Leaders and managers that want to understand how to harness the power of Emotional Intelligence, apply these attributes to motivate and engage their teams, strengthen cooperation and increase performance.

Trainer Justine is a professional, highly experienced trainer and executive coach specializing in Emotional Intelligence. Justine has over ten years' experience coaching individuals, from executives to front line staff from many different sectors. She has written and delivered training workshops in Emotional Intelligence to Senior Leaders and High Performing Teams.

Programme Objectives

Emotionally intelligent leaders are aware of their impact on others. They are conscious of how their emotional state is highly influential on their team's decision-making, cognition, and performance. They use their capacity to selectively generate emotions to energize their team or to inspire confidence

This Leading with Emotional Intelligence is an investment of 1-Day with opportunity to deliver a lot more in your business.

Participants will gain an understanding of how emotions and behaviours impact on ourselves and those with whom we work.

Participants will learn how to improve their relationships in the workplace. They will also learn how to regulate their emotions and how to lead with influence through behavioural change and the use of empathy.

Programme Content

The program will cover the following:

- What is EI and why is it important?
- How to understand and manage your emotions and behaviours.
- Goleman's competency framework model.
- The difference between Interpersonal v's Intrapersonal EQ.
- Experiential learning Exercises Monitoring and Improving your Emotional Control
- Leading with Empathy

Participants will achieve the following learning outcomes:

- An understanding and definition of Emotional Intelligence.
- An understanding of the 5 traits of Emotional Intelligence as popularized by Daniel Goleman
Self-awareness. | Self-regulation. | Motivation. | Empathy. | Social skills.
- Knowledge of the Mixed Model of EI and how to implement strategies in each one of the 5 traits.
- Learn how to self-regulate.
- An understanding of how to lead with authority through self-awareness

To book your place, or for more information, contact the network manager on (083) 0278518 or Manager@m1skillnet.ie