



Global Professionals Institute for Training  
معهد المحترفون العالميون للتدريب الأهلي

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## Emotional Intelligence in Leadership



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## Introduction

Emotional intelligence (EI) is a critical skill for effective leadership, enabling leaders to understand and manage their emotions and those of others. This course is designed to help participants enhance their EI, leading to stronger relationships, improved team dynamics, and a more resilient, compassionate approach to leadership. Through self-assessment tools, interactive exercises, and real-world scenarios, leaders will develop skills in empathy, self-regulation, and social awareness, fostering a positive workplace culture and enhancing team performance.

## Course Objectives:

- Understand the fundamentals of emotional intelligence and its role in leadership.
- Improve self-awareness and emotional regulation skills.
- Enhance empathy and understanding of others' perspectives.
- Develop strategies to handle stress and manage workplace challenges effectively.
- Strengthen communication and relationship-building abilities.



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## Who should attend?

- ❖ Leaders and managers looking to strengthen their interpersonal skills.
- ❖ Team leaders aiming to improve team morale and cohesion.
- ❖ Project managers seeking to enhance collaborative capabilities.
- ❖ Aspiring leaders and professionals interested in developing EI.

## Program Syllabus

### First Day

- Introduction to Emotional Intelligence
- Self-Awareness in Leadership
- Self-Management and Emotional Regulation
- Empathy and Understanding Others



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## Second Day

- Social Awareness and Interpersonal Skills
- Building Trust Through Emotional Intelligence
- Communication Skills for Emotionally Intelligent Leaders
- Active Listening and Feedback

## Third Day

- Managing Stress and Resilience
- Conflict Resolution with Emotional Intelligence
- Fostering a Positive Work Environment
- Influence and Persuasion



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## Fourth Day

- Motivation and Positive Reinforcement
- Handling Difficult Conversations
- Cultural Sensitivity and Inclusivity
- Developing an Emotionally Intelligent Leadership Style

## Fifth Day

- Decision-Making with Emotional Awareness
- Building and Maintaining Relationships
- Balancing Compassion and Accountability
- Creating an Action Plan for Continued EI Development



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## Program Methodology

- A highly interactive combination of lecture and discussion sessions will be managed to maximize the amount and quality of information, knowledge and experience transfer. The sessions will start by raising the most relevant questions, and motivate everybody finding the right answers. The attendants will also be encouraged to raise more of their own questions and to share developing the right answers using their own analysis and experience. Course material through power point equipped with necessary animation, learning videos, and general discussion to provide participants with full understanding concerning the subject course will be provided.
- Percentage of Delivery Methodologies
- 50% Presentation
- 20% Group & Individual Exercises
- 20% Case Studies
- 10% Active Movies and Videos



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## العرض المالي

السعر	مكان الانعقاد	تايخ الانعقاد	مدة البرنامج
1200 kd	Dubai	22-26 December/ 2024	5days

### تفاصيل التكلفة :

- المحاضرة العلمية ❖
- المادة العلمية ❖
- الشهادات ❖
- بوفيه خفيف ❖



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