

Course Overview:

Understanding and raising your Emotional Intelligence is essential to your success and leadership potential. In this programme, delegates learn how to:

- Develop the ability to sense, understand and effectively apply emotions as a source of leadership, communication and influence
- Gain insights into perceptions and its importance in the workplace
- Understand how EQ influences the way they respond to others and themselves
- Discover how to apply EQ in the workplace for building teamwork and accountable leadership

Course Objective:

- Develop interpersonal skills such as self-awareness, which is the ability of an individual to recognize and understand one's moods, emotions and drives as well as their impact on others
- Cultivate empathy or the ability to understand the emotional makeup of other people and skill in responding according to their emotional reactions
- Develop interpersonal skills which indicate the individual's proficiency in managing relationships and building networks
- Develop skills in responding to criticisms & adversity
- Leadership strategies for working with others towards shared goals

Course Outline:

- What is Emotional Intelligence
- Develop your emotional skills
- Applying your emotional skills
- Emotionally intelligent manager
- Leadership Strategies
- Managing emotional stress

Who Should Attend:

This programme is designed for all managers, leaders & professionals who need to have in-depth knowledge of human behaviors

Anyone who is interested in developing themselves to be a better leader and manager
Individuals who desire to apply psychological knowledge to result in management and leadership strategies.

Individuals who wish to understand their emotions and how it affects those around them and their productiveness in the workplace

Training Language:

EN / AR

Training Methodology:

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Simulation