



International Training
Center Paris

TRAINING SCHEDULE

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EMOTIONAL INTELLIGENCE FOR LEADERS

Overview:

The Emotional Intelligence for Leaders training is designed to enhance the emotional intelligence skills of managers and leaders. Emotional intelligence is a critical competency that enables leaders to manage their emotions and those of their team members effectively. The training will equip participants with the necessary knowledge and tools to develop and apply emotional intelligence to various leadership scenarios.

Objectives:

By the end of the training, participants will be able to:

- Understand the concept of emotional intelligence and its importance in leadership
- Assess and improve their own emotional intelligence skills
- Develop strategies to manage emotions in high-pressure situations
- Apply emotional intelligence to improve communication and build better relationships with team members
- Create a positive work culture that fosters emotional intelligence among team members

The Emotional Intelligence for Leaders training is a valuable investment for managers and leaders who want to enhance their emotional intelligence skills and lead with greater effectiveness. By the end of the program, participants will have the knowledge and tools to apply emotional intelligence to various leadership scenarios, build better relationships with team members, and foster a positive work culture that promotes emotional intelligence.

Targeted Groups:

- Managers aiming to enhance emotional intelligence
- Team leads focusing on empathetic leadership
- Leaders interested in building strong relationships
- Professionals seeking to understand and manage emotions
- Individuals aiming to create positive work environments

Planning:

Day 1: Introduction to Emotional Intelligence

- Understanding the concept of emotional intelligence
- Importance of emotional intelligence in leadership
- Emotional intelligence framework

Day 2: Assessing and Improving Emotional Intelligence

- Self-awareness and self-assessment of emotional intelligence
- Tools and techniques to improve emotional intelligence

Day 3: Emotional Intelligence in Action

- Emotional intelligence in high-pressure situations
- Emotional intelligence in conflict management
- Emotional intelligence in decision-making

Day 4: Applying Emotional Intelligence to Leadership

- Building better relationships with team members
- Improving communication using emotional intelligence
- Creating a positive work culture

Day 5: Developing and Fostering Emotional Intelligence in Teams

- Developing emotional intelligence in team members
- Fostering a culture of emotional intelligence in the workplace
- Review and action planning for applying emotional intelligence to leadership