

Developing Emotionally Intelligent Management & Leadership Strategies

Date Venues (\$)Fees Book your seat

26 May -30 May 2024 Salalah 2900 Register Now

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

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.

Course outline

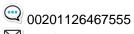
- · What is Emotional Intelligence
- · Develop your emotional skills
- · Applying your emotional skills
- · Emotionally intelligent manager
- Leadership Strategies
- · Managing emotional stress

Training methodology

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion

- Participatory ExerciseAction LearningClass Activities

- Case Studies
- Games & Role plays



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