



EMOTIONAL INTELLIGENCE FOR LEADERS

ONE-DAY PROGRAMME

This one-day programme will help leaders understand the importance of Emotional Intelligence and how they can develop it to be more productive, collaborative and effective as a change agent.

Key Learning Objectives:

- Greater awareness of emotions and the impact on performance
- Recognise and understand emotions in others and how to adapt behaviours to suit
- Emotional self-regulation to enhance performance
- How to handle and inspire emotion in others
- Recognise the leadership styles under emotional intelligence in themselves and others

Who will benefit from this training?

This programme is aimed at every level of organisational leadership. Every manager would benefit from greater levels of Emotional Intelligence.

Methodology

The programme is designed to be interactive, enjoyable and motivational. Participants will be encouraged to get involved and learn through:

- ✔ Workshops
- ✔ Individual exercises
- ✔ Role-play
- ✔ Group activities

Each participant will create a personal learning and action log to guide his or her own development after the programme



Your Facilitator

Andy Whitehead MBA MSc (Psychology) FCMI. Andy is an Executive Coach and a skilled facilitator, delivering programmes aimed at enhancing leadership and management effectiveness.