

ENHANCING EMOTIONAL INTELLIGENCE FOR LEADERSHIP SUCCESS

Price: \$2,200

Course Overview:

This course is designed to provide participants with a comprehensive understanding of emotional intelligence (EI) and its significance in effective leadership. Through theoretical insights, practical exercises, and real-life case studies, participants will enhance their EI competencies to become more impactful leaders. The course will explore various aspects of emotional intelligence such as self-awareness, self-regulation, empathy, and social skills, with a focus on applying these skills in leadership roles.

Module 1: Introduction to Emotional Intelligence and Leadership

- Overview of emotional intelligence
- Importance of emotional intelligence in leadership
- Historical perspectives and contemporary theories

Module 2: Self-Awareness and Leadership

- Understanding personal emotions and triggers
- Recognizing strengths and weaknesses
- Assessing one's leadership style

Module 3: Self-Regulation and Resilience

- Managing stress and emotions in leadership roles
- Developing emotional resilience
- Strategies for self-control and impulse management

Module 4: Empathy and Compassionate Leadership

- Understanding empathy and its role in leadership
- Cultivating a culture of empathy in organizations
- Handling conflicts and difficult conversations with empathy

Module 5: Social Skills and Influence

- Building effective communication skills
- Developing rapport and trust
- Leading diverse teams and fostering collaboration

Module 6: Emotional Intelligence in Decision-Making

- Integrating emotional and rational decision-making processes
- Recognizing biases and emotional influences
- Making ethical decisions with emotional intelligence

Module 7: Emotional Intelligence and Organizational Culture

- Impact of leadership EI on organizational culture
- Creating emotionally intelligent teams and environments
- Implementing EI practices in organizational settings

Module 8: Leadership Development and Continuous Improvement

- Strategies for ongoing EI development
- Feedback mechanisms and Self-reflection
- Sustaining leadership growth through lifelong learning

Assessment

- Individual Reflections: Periodic reflections on personal EI development and its application in leadership contexts.
- Case Studies and Group Discussions: Analysis of case studies related to EI in leadership followed by group discussions and presentations.
- EI Competency Assessment: Self-assessment and peer-assessment tools to evaluate EI competencies before and after the course.
- Final Project: Development of a leadership action plan incorporating EI principles and strategies for personal and organizational growth.
- Final Examination: Assessment of theoretical understanding and practical application of EI concepts in leadership scenarios.