



Arabian Institute For Training

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# Leading with Emotional Intelligence

## INTRODUCTION

- This Leading with Emotional Intelligence training course will enable you to develop greater self-awareness and better self-management of your emotions. Recent studies indicate that emotional intelligence is a powerful key to effective leadership. This course will certainly help you gain the ability to recognize and positively manage emotions in yourself, in others and groups.
- This training course delivers the in-depth knowledge and practical skills you need to ensure that you are an active, emotionally intelligent leader. You will also learn how to apply emotional intelligence to specific leadership situations to gain the authority and success you strive for as a leader.

## OBJECTIVES

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

- Develop an accurate self-awareness of yourself
- Practice self-management
- Have a positive influence on the emotions and motivation of others
- Develop cohesive, emotionally intelligent teams
- Create an atmosphere that fosters emotional intelligence
- Understand and apply the psychology of leadership

## ORGANISATIONAL IMPACT

Impact on the organisation from the participants in attending this Leading with Emotional Intelligence training course includes the following benefits:

- Healthier employees who can handle stress more effectively
  - More effective leaders
  - Improve teamwork and team-building skills through greater emotional intelligence
  - Enhance cooperation through better relationship building skills
  - Develop an emotionally intelligence work environment
  - Innovative teams
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## PERSONAL IMPACT

This training course will personally benefit the participants to gain or enhance their understanding and knowledge by the following:

- Learn how to achieve better self-awareness
- Practice self-management
- Cultivate emotional intelligence competencies
- Effectively manage your own emotions & emotions of others
- Personal growth as an emotionally intelligent leader
- Understand the different personality styles

## WHO SHOULD ATTEND?

- Anyone who wants to create an emotionally healthy, productive workplace and organizational culture to enhance their effectiveness and their ability to form trusting relationships and manage their frustrations and those of others at work. This Leading with Emotional Intelligence training course will keep you current on recent, cutting-edge developments in leadership theory and practice, and help you better collaborate and manage conflict.

## Course Outline

### Introduction to Emotional Intelligence

- Historical Roots of Emotional Intelligence (EQ)
- Importance of Perception
- Developing Self-awareness through Understanding Out Personality
- Using the LPI for Understanding Others
- Developing Openness to New Ideas Effectiveness

### Psychology of Leadership

- Holistic Leadership
- Understanding Personality Styles for Teamwork
- Optimizing our Personality Strengths
- Managing our Emotional Stress
- High EQ Leadership

### Apply Psychology in Leading in an Emotionally Intelligent Way

- Enhancing Self-awareness
  - Empathy: Increase Your Level of Social Awareness
  - Delegating Tasks and Responsibilities
  - Managing Self and Leading Others
  - Influencing and Inspiring People
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## Building an Emotionally Intelligent Team based on Psychological Principles

- Importance of EQ to Team Effectiveness
- Motivating a High-Performance Team
- Building Unified Teams
- Stages of Human Development
- EQ For Building Trusting Relationship

## Communication for Successful Leadership

- Psychology of Persuasion
- Creating an Inspiring Vision
- How to Flow with Different Personality Styles
- Practicing Leadership Integrity
- Developing an Action Plan



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