

Advanced Sensitive Intelligence

Unleashing the Supremacy in You

Introduction

Emotionally intelligent people often have more success in life. This is because, in contrast to individuals who are easily emotionally disturbed, they have stronger self-management skills and get along with others much more readily. The qualities of emotional excellence include the capacity for understanding and managing one's emotions, drive for achievement, empathy, and effective communication.

This Course N Carry Advanced Emotional Intelligence training programme gives leaders the tools they need to support their team in achieving the objectives of the company. To achieve emotional greatness in your life, you will discover how to control your soma (body), psycho (thoughts and emotions), and pneuma (spiritual heart). Additionally, you will learn how to assist your staff communicate clearly and be receptive to new ideas. If you've got this down pat, you've mastered life.

Objectives

After completing this programme in advanced emotional intelligence, you will be capable of:

- Foster emotional intelligence in both yourself and other people.
- Establish a work environment where staff members feel valuable.
- Effectively inspire staff members
- Create a healthy sense of tension in your life.
- Create a positive work-life balance.
- Encourage cooperation among your staff.
- Remove obstacles to communication
- Build wholesome connections.

Training Methodology

Presentations and interactive practical exercises will be included in the Advanced Emotional Intelligence training course, which will also include case studies and video content for assistance. Participants will be urged to actively engage in connecting the concepts of emotional intelligence to the specific requirements of their place of employment.

Organizational impacts

- Create emotionally intelligent teams
- Improve collaboration by using more effective communication techniques
- Create a workplace that is emotionally intelligent.

Personal Impact

- Discover how to develop emotionally intelligent abilities.
- Take care of your self-worth.
- Develop a strong sense of emotion in leadership
- Form outstanding teams

Who should attend?

All leaders who want to establish a highly effective and emotionally pleasing work environment. Those who have taken the Leading with Emotional Intelligence: Psychology of Leadership training course before are intended for this training event. You'll stay up to date on the latest, most innovative advancements in leadership theory and practice with our Advanced Emotional Intelligence training course, which will also make you a more powerful and successful leader.

Course Outline

Day 1

Deeper Knowledge of Emotional Excellence and Emotional Intelligence

- Emotional Intelligence's Past
- The Meaning and Use of Emotional Intelligence (EI) in the Workplace
- The Emotional Intelligence Framework
- Gaining Hope and Getting Rid of Pessimism
- Validating Our Own and Other People's Feelings
- Using Emotional Intelligence in the Workplace

Day 2

Recognising and Handling Depression, Anxiety, and Emotional Stress

- Comprehending Emotional Stress

- Depression and Anxiety
- Identification of Anxiety Disorders
- Managing Post-Traumatic Stress Syndrome
- Taking Care of Depression

Day 3

Comprehending Human Development to Establish a Sound Self-Reputation

- Recognising the Needs of Healthy Human Development
- Using the Stages of Psychosocial Development by Erikson
- Increasing One's Self-Respect
- Recognising Our Inner Voice
- The Influence of Thought
- Make the things you want.

Day 4

Superior Emotional Intelligence in Relationships

- Building Satisfying Connections
- Developing Self-Awareness
- Dismantling Barriers to Communication
- Using Communication Techniques That Work
- Reference Frames
- Building Team Synergy

Day 5

Work-Life Balance via Emotional Excellence

- Stress and Its Effects on Us
- Laying a Firm Basis
- Mental Techniques
- Handling Stress at Work
- Comprehensive Handling of Adverse Stress
- Formulating a Course of Action