

# Heading with Emotional Intelligence

## Psychology of Management and Leadership

### Introduction

By taking this Heading with Emotional Intelligence training course, you will be able to better control your emotions and become more self-aware. According to recent research, Emotional Intelligence (EI) is a crucial component of effective leadership. You will undoubtedly benefit from this training program by learning how to identify and constructively handle emotions in people, yourself, and groups.

The comprehensive information and useful abilities you need to be an engaged, emotionally aware leader are provided by this training program. Additionally, you will discover how to use emotional intelligence in certain leadership contexts to achieve the success and authority you want as a leader.

### **This training session on Course N Carry will emphasize:**

- Develop your intrapersonal self-awareness and self-control.
- Develop your social and empathy-based interpersonal abilities.
- Control your emotional tension
- Cultivate well-being in our lives
- Be a creative leader.

### Objectives

### **Following this training session, participants will be capable of:**

- Establish a precise self-awareness of oneself.
- Exercise self-control
- Positively impact other people's motivation and feelings
- Create teams that are emotionally intelligent and cohesive.
- Establish an environment that encourages emotional intelligence
- Recognize and use leadership psychology.

### Training Methodology

Presentations and engaging practical exercises will be incorporated into this Leading with Emotional Intelligence training course, which will also include video content and case studies for support. 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

**The following advantages that participants in this Heading with Emotional Intelligence training course will have for the organization:**

- Healthier workers who are better able to manage stress
- More capable leaders
- Boost team dynamics and collaboration abilities by developing emotional intelligence
- Improve collaboration by developing stronger interpersonal skills
- Create a workplace that values emotional intelligence.
- Creative groups

## Personal Impact

**The following are some specific ways that this training program will help participants learn or improve their understanding and knowledge:**

- Discover ways to become more self-aware.
- Exercise self-control
- Cultivate emotional intelligence competencies
- Effectively control both your own and other people's emotions
- Development personally as an emotionally savvy leader
- Recognize the many personality types

## Who should attend?

Everyone who aspires to establish a positive, emotionally balanced work environment and corporate culture in order to increase their own performance, build trustworthy connections, and effectively handle their own and others' difficulties at work.

You will stay up to date on the latest advancements in leadership theory and practice with this Course N Carry Heading with Emotional Intelligence training course, which will also improve your ability to work with others and handle conflict.

# Course Outline

## Day 1

### Emotional Intelligence Overview

- The origins of Emotional Intelligence (EI) throughout history
- The significance of perception
- Gaining self-awareness via comprehending our personalities
- Applying the LPI to comprehend other people
- Increasing receptivity to novel concepts