PARTNERS IN KNOWLEDGE UK LTD
Suite No. 129
295 Chiswick High Road
LONDON W4 4HH



Emotional Intelligence for Leadership Excellence

PIK834-0827 UK-LDN-1

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Place	: London	**Venue**	: INDUSTRIOUS (1 and 2, 245 Hammersmith Road Floors, London W6 8PW) - TBC		
Start Date	: 09-08-2027	**End Date**	: 13-08-2027	**PPP**	: £4950

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If you can't train them, you can't blame them!

Short Description:

This training program delves into the fundamental components of Emotional Intelligence (EI) and examines its significant influence on leadership and team dynamics. By understanding EI, participants can gain insights into their own emotions and those of others, which plays a crucial role in effective leadership. The program emphasises the importance of self-awareness, allowing individuals to recognise their emotional triggers and responses, thereby fostering a more mindful approach to their interactions. Moreover, the training focuses on the development of key EI skills such as empathy, communication, motivation, and relationship-building. These skills are essential for creating a collaborative and supportive work environment. Participants will learn strategies to enhance their ability to connect with colleagues, inspire motivation within teams, and facilitate open communication. Ultimately, the program aims to equip professionals with the tools necessary to cultivate stronger relationships and improve overall team performance through the application of Emotional Intelligence.

Course Overview:

COURSE OBJECTIVES

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

- Understand the foundational concepts of Emotional Intelligence (EI) and its significance in leadership and success.
- Enhance self-awareness to recognise personal emotions and their impact on behaviour.
- Develop self-regulation techniques to manage emotions effectively and make informed decisions.
- Cultivate empathy to better understand others' feelings and perspectives.
- Improve communication skills to foster trust and understanding in professional relationships.
- Motivate and inspire teams by leveraging EI to create an engaging work environment.
- Build and sustain positive relationships to promote collaboration and long-term professional success.

TARGET AUDIENCE

- Senior Leaders.
- Managers.
- Team Leaders.
- Executives.
- Human Resources Professionals.
- Emerging Leaders.
- Organisational Development Specialists.

Program Outline:

PROGRAM CONTENT

DAY 1: Introduction to Emotional Intelligence

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1. Overview of Emotional Intelligence (EI).
2. Definition & core elements of EI.
3. Evolution & importance of EI through history.
4. Connection between EI & effective leadership.
5. Influence of EI on personal & career achievements.

DAY 2: Enhancing Self-Awareness & Self-Regulation

1. Recognising emotional triggers.
2. Employing self-reflection techniques.
3. Identifying strengths & areas for improvement.
4. Tracking emotional reactions.
5. Creating a self-awareness development plan.

DAY 3: Cultivating Empathy & Effective Communication

1. Comprehending empathy in leadership roles.
2. Acknowledging others' feelings.
3. Enhancing emotional perspective-taking skills.
4. Expressing empathy both verbally & non-verbally.
5. Fostering a nurturing atmosphere.

DAY 4: Motivating & Inspiring Teams

1. Fundamental motivation theories.
2. The role of EI in fostering motivation.
3. Recognising what drives team members.
4. Establishing realistic goals.
5. Creating an inspiring workplace culture.

DAY 5: Building & Sustaining Positive Relationships

1. Techniques for establishing trust among team members.
2. Forming robust relationships.
3. Upholding credibility & ethical standards.
4. Managing & resolving conflicts effectively.
5. Strategies for nurturing long-lasting relationships.