

# Emotional Intelligence and Self-Mastery Psychology for Effective Leadership

Duration: 1 day

## Course Overview

Welcome to the "Emotional Intelligence and Self-Mastery Psychology for Effective Leadership" training programme! In today's fast-paced and complex work environment, emotional intelligence is a vital skill for effective leadership. This one-day workshop is designed to help you understand and enhance emotional intelligence, develop self-awareness, and master the psychology of effective leadership.

During this training, you will explore the principles of emotional intelligence and how they impact leadership success. You will learn techniques to manage your emotions, develop empathy, and build strong relationships with your team. Through interactive exercises and self-reflection activities, you will gain insights into your strengths and areas for growth as a leader.

By the end of this programme, you will be equipped with the tools to lead with emotional intelligence, create a positive work environment, and inspire your team to reach new heights.

Join us for a transformative learning experience that will empower you to be an emotionally intelligent and influential leader.

## Who should attend?

This programme is suitable for leaders, managers, supervisors, and anyone in a leadership role or aspiring to lead effectively. Whether you are a seasoned leader or new to leadership, this training will provide you with essential tools and strategies to develop emotional intelligence, strengthen self-mastery, and inspire your team to achieve extraordinary results. If you want to enhance your leadership capabilities and create a positive work culture, this programme is ideal for you.

## Prerequisites & pre-reading guidelines

There are no specific prerequisites for this course.

## Related courses

Attendees may also be subsequently interested in

- Developing 'Internal Consultancy Skills'

## How certification is earned

Upon successful completion of this course, you will be awarded a certificate of attendance from Expleo Academy.

## Course Objectives

On completion of this training, attendees will be able to:

- Understand the Principles of Emotional Intelligence:
  - Define emotional intelligence and its significance in leadership.
  - Recognise the key components of emotional intelligence.
- Develop Self-Awareness and Self-Mastery:
  - Explore techniques for enhancing self-awareness as a leader.
  - Learn strategies to manage emotions and stress effectively.
- Build Empathy and Social Awareness:
  - Develop empathy and understanding of others' emotions and perspectives.
  - Enhance social awareness to build strong relationships with team members.
- Master Emotional Regulation and Conflict Resolution:
  - Learn how to regulate emotions and respond constructively in challenging situations.
  - Develop conflict resolution skills to foster a harmonious work environment.
- Inspire and Motivate Others:
  - Understand the impact of emotional intelligence on inspiring and motivating teams.
  - Implement strategies to inspire and empower team members to achieve their best.
- Cultivate a Positive and Emotionally Intelligent Leadership Style:
  - Integrate emotional intelligence principles into your leadership style.
  - Foster a positive and supportive work culture that encourages growth and success.

## Context

This workshop covers emotional intelligence, self-awareness and effective leadership, as well as techniques to manage your emotions, develop empathy and build strong relationships with your team.

## Course Outline

### Introduction to Emotional Intelligence and Self-Mastery for Effective Leadership

- Understanding the importance of emotional intelligence in leadership
- Exploring the components of emotional intelligence

### Developing Self-Awareness and Self-Mastery

- Enhancing self-awareness as a leader
- Techniques for managing emotions and stress

### Building Empathy and Social Awareness

- Developing empathy and understanding others' emotions
- Enhancing social awareness for effective leadership

### Mastering Emotional Regulation and Conflict Resolution

- Techniques for regulating emotions in challenging situations
- Conflict resolution skills for fostering a harmonious work environment

### Inspiring and Motivating Others

- The impact of emotional intelligence on inspiring and motivating teams
- Strategies to inspire and empower team members

### Cultivating a Positive and Emotionally Intelligent Leadership Style

- Integrating emotional intelligence principles into leadership style
- Fostering a positive and supportive work culture

Empower yourself to be an emotionally intelligent and influential leader through this transformative training programme. Join us to gain insights into emotional intelligence, self-mastery, and effective leadership, and learn practical strategies to create a positive and empowering work environment. Let's work together to unlock your leadership potential and inspire your team to achieve excellence.

## Training Methodology

This training programme adopts an interactive and experiential approach. Participants will engage in group discussions, self-assessment exercises, role-plays, and case studies to explore and apply emotional intelligence and self-mastery principles. Trainers with expertise in emotional intelligence and leadership psychology will facilitate the discussions and provide practical insights. The training will create a collaborative and supportive learning environment, enabling participants to share experiences and learn from real-life leadership scenarios.

## Contact

### Patricia McGuire

Head of Training

Expleo Technology Ireland Ltd

M. +353 (0)87 235 5902

W. [expleoacademy.com](http://expleoacademy.com)

[pat.mcquire@expleogroup.com](mailto:pat.mcquire@expleogroup.com)

[academy-UKI@expleogroup.com](mailto:academy-UKI@expleogroup.com)