

LEADING WITH EMOTIONAL INTELLIGENCE

Key Takeaways

- Understand Emotional Intelligence and EQi assessment
- Measure the EQ score and understand leaders' strengths
- Understand the EQi 2.0 model and its impact on developmental needs
- Manage themselves and their emotions to effectively handle people and situations
- Manage emotions effectively to control impulses and reactions
- Identify course of action for overall Leadership development

*We have a certified EQ Coach for facilitating EQ assessments and coaching



SENIOR LEADERS



16 HOURS

Training Duration



Integrating EQ into **Impact of Emotional Importance of EQ Mastering EQ Intelligence on Leadership Leadership Practices** • Influence of EQ on leadership effectiveness • EQ principles in various • Emotional intelligence Case studies of leaders with leadership contexts, and its significance in Mastering EQ for: high EQ including team leadership Correlation between EQ Establishing management, **Authenticity** Key components of EQ: and various leadership performance coaching, Self Awareness competencies • Becoming a great and organizational Self Expression • Benefits of leading with EQ: Coach change Developing Insight Interpersonal Skills • Improved Personalized action plans Decision Making communication Driving Innovation for applying EQ skills in Stress Management Better decision-making the leadership roles Stronger team performance

Understand how EQ is a crucial competency for effective and impactful leadership

Enhance communication, problem-solving, decision making and relationships within teams

Use EQ to develop leadership skills and characteristics that executives want to see in their leaders

Leverage EQ to navigate complex interpersonal dynamics, inspire teams, and foster a positive organizational culture

THANKYOU

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