Being an Emotionally Competent Leader

AIMS AND OBJECTIVES

Leaders with higher emotional intelligence (EI) are better able to inspire passion and enthusiasm, take action to solve problems, and cope with change and stress. This course aims to equip participants with the skills in managing stress and reducing negative emotions. By fine-tuning emotional intelligence and influencing skills, participants could be more adept at fostering business and personal relationships.

LEARNING OUTCOMES

After attending this session, participants should be able to:
- Recognize the benefits of EI to personal development and leadership
- Understand EI competencies and how to develop them
- Identify personal strengths/limitations
- Leverage appropriate EI competencies in utilizing leadership styles to achieve results
- Create a culture that delivers results through effective work relationships

COURSE OUTLINE

- The meaning and value of Emotional Intelligence
- The brain and the emotional response system
- Relating the behaviors, impact, and challenges of EI on workplace performance
- The four domains in the EI model to leadership
- Relevant competencies associated with each domain
- Self-Assessment of Your EI Competencies
- Self-Awareness, Self-Management, Social Awareness and Relationship

WHO SHOULD ATTEND

Managers and leaders, who want to create a healthy, productive workplace and enhance organization’s effectiveness

DURATION

Full Day

CLASS SIZE

6-20 participants

LANGUAGE

Cantonese or English