

## **Emotional Intelligence for Leaders: Building your Emotional Capital**



### **Target audience**

All levels of communicators who need to build an understanding of emotional intelligence.

### **Goals**

In this one day, you will uncover the science behind emotional intelligence & emotional capital, learn the emotional & social skills that drive effective leadership, and assess & build your own emotional intelligence and leadership success!

### **Maximum number of participants**

10

### **Overview**

The workshop is designed to accelerate the practice of emotionally intelligent leadership. It examines the science of emotional intelligence (EQ) and the compelling business case for its relationship to leadership success. The workshop is designed to equip participants with the ten dynamic emotional skills that distinguish outstanding leaders from average ones.

As an intensely practical experience, the workshop remains sharply focused on the application and practice of the key strategies for building emotional intelligence. It breaks open the building blocks of effective leadership skills.

### **Content**

At the end of the day, participants will:

- Understand why a developed emotional intelligence is important for leaders today
- Learn how to manage behaviours that hold you back from optimal performance
- Understand the key strategies for building and maintaining energy levels at work
- Develop more effective communication and influencing strategies
- Learn how to leverage emotional strengths that build effective market driven relationships

### **Approach**

A dynamic, intense, highly interactive workshop. The course is conducted in English, and while the principles taught remain the same in any language, it is preferable that participants have a good command of English.

For more information

call Martin on +41 763 259 000

or email [Martin@InspireCoaching.com](mailto:Martin@InspireCoaching.com)