



EMOTIONAL INTELLIGENCE FOR MANAGERS



Delivery Format



Face to Face Group Workshops

Maximum 12 participants
1 day



Live, Virtual Group Workshops

Maximum 10 participants
1 day

Who Should Attend?

This workshop primarily focuses on those who lead or manage teams or those who interact with key stakeholders. It's also recommended for anyone who:

- ✓ Has line management responsibility
- ✓ Has supervisory responsibility for peers or colleagues
- ✓ Has a difficult relationship with their manager or direct reports
- ✓ Needs to influence internal or external stakeholders
- ✓ Would like to understand and manage their personal brand more effectively
- ✓ Wants to respond to stressful situations more calmly
- ✓ Works in a task-focused culture that needs to evolve
- ✓ Needs to communicate more thoughtfully under pressure
- ✓ Retain control of their emotions
- ✓ Wants to enjoy reduced stress at work and at home

Workshop Overview

Warren Bennis asserted that 'IQ is a threshold competence. You need it but it doesn't make you a star. Emotional Intelligence can.' This 1-day workshop provides invaluable insight into participants' own Emotional Intelligence (EI) and how they can use this to be a more effective manager, leader and colleague. They'll consider the benefits to themselves, their teams and their organisation and share practical steps to increase their self-awareness and their ability to manage work relationships.

We provide a tried and tested external emotional intelligence report, enabling participants to focus on their strengths and develop their own emotional intelligence across 16 EI areas.

Key Objectives

Participants will leave the workshop with strategies and practical actions to:

- ✓ Recognise the key traits of Emotional Intelligence
- ✓ Identify their key Emotional Intelligence skills and how to improve these
- ✓ Develop better rapport with individuals
- ✓ Read non-verbal communication cues more effectively
- ✓ Understand and respect the differences in others
- ✓ Pre-empt conflict between colleagues and teams
- ✓ Manage relationships more effectively
- ✓ Develop their 'leadership brand' in line with their values
- ✓ Recognise triggers and how emotions are affected
- ✓ Lead with empathy and authenticity
- ✓ Utilise valuable insights and awareness ensure productive relationships
- ✓ Communicate more effectively
- ✓ Improve and maintain team results through effective motivation of colleagues
- ✓ Understand their personal levels of EQ and create strategies to develop and improve
- ✓ Utilise techniques to maintain personal equilibrium and resilience
- ✓ Define assertive working relationships and understand how to establish them

This inspirational workshop will enable participants to understand and utilise their emotional intelligence, in order to maximise their happiness and effectiveness at work.