



**British Training**

# **Emotionally Intelligent Leadership Mastering the Psychology of Influence and Connection Training Course**

**#LD1203**

# **Emotionally Intelligent Leadership Mastering the Psychology of Influence and Connection Training Course**

## **Introduction:**

The leadership is no longer just about making decisions or managing tasks it's about understanding people, emotions, and the psychology behind effective leadership. The British Training Center is proud to present a transformative training program designed to equip leaders with the tools to lead with emotional intelligence. This course delves into the psychological principles of leadership, helping participants harness their emotional awareness to inspire, motivate, and drive success within their teams and organizations. Whether you're a seasoned leader or aspiring to take on a leadership role, this program will empower you to lead with empathy, authenticity, and resilience.

## **Training Objectives and Impact:**

### **By the end of this program, participants will be able to:**

- Understand the core principles of emotional intelligence and their impact on leadership effectiveness.
- Develop self-awareness and self-regulation to manage personal emotions in high-pressure situations.
- Build stronger relationships by enhancing empathy and social skills.
- Apply emotional intelligence to resolve conflicts and foster collaboration within teams.
- Cultivate a positive organizational culture by leading with emotional intelligence.
- Utilize psychological insights to inspire and motivate diverse teams.
- Create actionable strategies to integrate emotional intelligence into daily leadership practices.

## **Targeted Competencies and Skills:**

- Emotional self-awareness and self-regulation.
- Empathy and active listening.
- Conflict resolution and negotiation.
- Effective communication and interpersonal skills.
- Team motivation and inspiration.
- Psychological insight into human behavior and decision-making.

## **Target Audience:**

### **This program is tailored for:**

- Current and aspiring leaders seeking to enhance their emotional intelligence.
- Managers and team leaders aiming to improve team dynamics and performance.
- HR professionals focused on leadership development and organizational culture.
- Entrepreneurs and business owners looking to lead with empathy and resilience.
- Professionals transitioning into leadership roles who want to build a strong emotional foundation.

## **Course Content:**

### **Unit One - Foundations of Emotional Intelligence in Leadership:**

- Defining emotional intelligence and its relevance to leadership.
- The five components of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills.
- The psychological basis of emotions and their impact on decision-making.
- Assessing your emotional intelligence: strengths and areas for growth.
- The role of emotional intelligence in building trust and credibility.
- Case studies: Leaders who exemplify emotional intelligence.

### **Unit Two - Self-Awareness and Self-Regulation for Leaders:**

- Techniques for enhancing self-awareness and recognizing emotional triggers.
- Strategies for managing stress and maintaining composure under pressure.
- The importance of mindfulness in leadership and emotional regulation.
- Developing emotional resilience to navigate challenges and setbacks.
- Practical exercises for self-reflection and emotional growth.
- Tools for maintaining a growth mindset in leadership.

### **Unit Three - Empathy and Social Skills in Leadership:**

- Understanding empathy as a leadership superpower.
- Active listening techniques to build stronger connections.
- The role of empathy in conflict resolution and team cohesion.
- Enhancing social skills to influence and inspire others.
- Building rapport and fostering inclusivity within diverse teams.
- Real-world applications of empathy in leadership scenarios.

### **Unit Four - Emotional Intelligence in Team Dynamics and Collaboration:**

- Leveraging emotional intelligence to motivate and engage teams.
- Strategies for fostering a collaborative and supportive team environment.
- Addressing and resolving conflicts with emotional intelligence.
- The role of emotional intelligence in effective communication and feedback.
- Creating a culture of psychological safety and trust.
- Case studies: Teams transformed by emotionally intelligent leadership.

### **Unit Five - Applying Emotional Intelligence to Leadership Challenges:**

- Integrating emotional intelligence into decision-making processes.
- Leading through change and uncertainty with emotional resilience.
- Balancing empathy and assertiveness in leadership.
- Developing personalized action plans for continuous emotional growth.
- Measuring the impact of emotional intelligence on leadership success.
- Final reflections and commitments to lead with emotional intelligence.