



British Training

**Mastering Advanced Emotional Intelligence for Leadership and Success
Training Course**

#LD2321

Mastering Advanced Emotional Intelligence for Leadership and Success

Training Course

Introduction:

The British Training Center is proud to present this advanced-level training program, meticulously designed to elevate your understanding and application of emotional intelligence (EI). This program combines cutting-edge research with practical tools to empower leaders, managers, and professionals to excel in personal and professional environments.

Training Objectives and Impact:

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

- Analyze the core components of emotional intelligence and their implications.
- Develop strategies to enhance personal and interpersonal effectiveness.
- Integrate EI principles into leadership, decision-making, and conflict resolution.
- Foster an emotionally intelligent workplace culture.

Targeted Competencies and Skills:

- Emotional self-awareness.
- Empathy and interpersonal sensitivity.
- Emotion regulation techniques.
- Effective communication and collaboration.
- Leadership and decision-making in complex environments.

Target Audience:

This program is tailored for:

- Senior leaders and executives.
- Managers aiming to enhance team dynamics.
- HR professionals and coaches.
- Individuals seeking personal and professional growth.

Course Content:

Unit 1 - Foundations of Emotional Intelligence:

- Defining Emotional Intelligence.
- Historical background, theories, and evolution of EI.
- The Four Core Domains of EI are self-awareness, self-management, social awareness, and relationship management.
- The Science of Emotions.
- Neurological and psychological underpinnings.
- Assessment Tools.
- Exploring EI measurement instruments and personal EI profiling.

Unit 2 - Emotional Self-Awareness and Regulation:

- Understanding Emotional Triggers.
- Identifying personal and external influences.
- Techniques for Emotional Regulation.
- Mindfulness, cognitive reframing, and stress management.
- Building Resilience.
- Strategies for adapting to challenges and maintaining composure.
- Case Studies.
- Analyzing scenarios of effective and ineffective emotional regulation.

Unit 3 - Social Awareness and Empathy Development:

- Recognizing Emotional Cues.
- Verbal and non-verbal communication signals.
- Empathy vs. Sympathy.
- Practical exercises to enhance empathy skills.
- Cultural Intelligence.
- Adapting emotional intelligence in diverse environments.
- Active Listening Techniques.
- Tools to build trust and understanding in interactions.

Unit 4 - Relationship Management and Influence:

- Conflict Resolution Strategies.
- Mediation and negotiation skills for resolving disputes.
- Leadership with Emotional Intelligence.
- Inspiring and motivating teams effectively.
- Building Trust and Rapport.
- Techniques to strengthen professional relationships.
- Collaborative Problem-Solving.
- Harnessing group EI for innovation and teamwork.

Unit 5 - Integrating Emotional Intelligence into Professional Practice:

- Developing an EI-Based Workplace Culture.
- Policies and practices for sustainable impact.
- Enhancing Decision-Making.
- Leveraging EI to navigate complex organizational challenges.
- Performance and Productivity.
- Linking EI to individual and team outcomes.
- Personal EI Growth Plan.
- Crafting actionable steps for continuous improvement.