

EMOTIONAL INTELLIGENCE- SENIOR LEADERS & MANAGERS



Management & Leadership Course

LEARNING OUTCOMES

- Develop the ability to lift morale and create an optimistic atmosphere that encourages enthusiasm, commitment, and forward thinking.
- Learn how to inspire momentum and drive within your team, ensuring focus and productivity even during challenging times.
- Build trust and empower others by recognising strengths, providing constructive feedback, and supporting personal growth.
- Strengthen relationships and team cohesion by understanding emotional drivers and connecting with people on a deeper, more authentic level.
- Foster a culture of collaboration, respect, and shared success where individuals feel valued, motivated, and aligned with organisational goals.

COURSE OVERVIEW

This session is designed for Senior Leaders and Managers who want to strengthen their emotional intelligence to lead with influence, empathy, and impact. It focuses on developing the self-awareness, resilience, and interpersonal skills required for effective, engaging leadership that inspires confidence and drives performance.

Before attending, participants are encouraged to reflect on a real situation where they need to boost their team's confidence and success—providing a practical foundation for applying emotional intelligence principles throughout the programme.

TOPICS COVERED IN THIS COURSE

Creating Positive Energy

Explore how leaders can generate and sustain positive energy within teams, fostering enthusiasm, commitment, and focus to achieve organisational goals.

Reading Energy Levels

Learn to recognise and interpret the emotional energy and engagement levels of individuals and teams to respond effectively and maintain motivation.

Inspiring Positivity

Develop techniques to shift attitudes and create a positive work environment, especially during times of challenge or change.

Building Self-Belief

Understand how to enhance confidence in yourself and others, empowering teams to take ownership, make decisions, and deliver results.

Understanding Motivational Needs

Identify your own key motivators and those of your team members to drive performance through personalised and meaningful engagement.

Developing Motivational Strategies

Create targeted strategies to sustain motivation and productivity, linking individual drivers to organisational objectives.

Making People Feel Valued

Learn how recognition, appreciation, and authentic communication contribute to stronger relationships, higher morale, and greater retention.

Applying Emotional Intelligence in Leadership

Integrate emotional intelligence skills into everyday leadership practice to enhance decision-making, collaboration, and overall team performance.