



An Intensive 5-Day Online Training Course

# Leadership Skills in Lean Times

Leading with Emotional Intelligence



## PROGRAMME SUMMARY

The Leadership Skills in Lean Times: Leading with Emotional Intelligence online training course aims to give you clear, concise and helpful leadership skills and strategies for emotional self-control and helping employees to cope with stress. Using these techniques, you will be a more productive leader, enjoy improved performance in the workplace, a healthy mind-body-spirit connection and overall wellbeing.

Helpful emotion evaluations and insightful personality charts will make this an outstanding online training course to attend, allowing you to experience the joys of a healthy, emotionally balanced life

Date	Venue	Fee(\$)
17 - 21 Oct 2021	Live / Online	US\$ 2,400
19 - 23 Jun 2022	Live / Online	US\$ 2,400
16 - 20 Oct 2022	Live / Online	US\$ 2,400

## INTRODUCTION

Gain the ability to recognize and positively manage emotions in yourself, in others and in groups!

Recent studies indicate that emotional intelligence is a powerful key to effective leadership. This valuable Leadership Skills in Lean Times: Leading with Emotional Intelligence online training course delivers the in-depth knowledge and practical skills you need to ensure that you are a h5, emotionally intelligent leader in these challenging and lean times. You will also learn how to apply emotional intelligence to specific leadership situations to gain the authority and success you strive for as a leader.

Classroom learning service available



## TRAINING METHODOLOGY

The Leadership Skills in Lean Times: Leading with Emotional Intelligence online training course will combine presentations with interactive practical exercises, supported by video material and case studies. Delegates will be encouraged to participate actively in relating the principles of effective leadership to the particular needs of their workplace.

## WHO SHOULD ATTEND?

The Leadership Skills in Lean Times: Leading with Emotional Intelligence online training course is aimed at all leaders who want to create an emotionally healthy, productive workplace and organizational culture to enhance their effectiveness and their ability to form trusting relationships and manage their frustrations and those of others at work. This online training course will keep you current on recent, cutting-edge developments in leadership theory and practice, and help you better collaborate and manage conflict.

## PROGRAMME OBJECTIVES

Upon attending the Leadership Skills in Lean Times: Leading with Emotional Intelligence online training course, participants will be able to:

- Gain an Honest and Accurate Awareness of Yourself
- Monitor and Adapt Your Own Emotions and Behaviours for Your Benefit and That of Your Team and Department
- Have a Positive Influence on the Emotions and Motivation of Others
- Develop Cohesive, Emotionally Intelligent Teams
- Create an Atmosphere That Fosters Emotional Intelligence

## In-house Training

EuroMaTech is capable of conducting this training programme exclusively for your delegates. Please e-mail us on [inhouse@euromatech.ae](mailto:inhouse@euromatech.ae) for further information and/or to receive a comprehensive proposal.



+971 50 196 6003

**Email Address:**  
[info@euromatech.ae](mailto:info@euromatech.ae)

**Website:**  
[www.euromatech.com](http://www.euromatech.com)

## QUALITY CERTIFICATIONS & ACCREDITATIONS



# COURSE OUTLINE



## Day 1

### What is Emotional Intelligence (EQ) & Developing Your EQ Competencies?

- What is Emotional Intelligence Quotient (EQ)
- Intrapersonal & Interpersonal skills
- Gaining self-awareness with the Leonard Personality Inventory (LPI)
- Managing body, mind & spirit
- Developing openness to new ideas
- Leading others with EQ

## Day 2

### EQ Practices for Innovative Leadership

- Understanding the body-mind connection
- Handling leadership stress
- Developing EQ Assertiveness
- Giving & receiving criticism
- Developing others
- Innovative Leadership to enhance teamwork

## Day 3

### Personal and Corporate Transformation

- Managing your emotions: TENT technique
- Managing your mind
- Responsibility & locus of control
- Knowing your EQ style
- Transformative leadership skills
- Understanding personality of leaders

## Day 4

### Building Relationships in an Emotionally Intelligent Way

- Stages of human development
- Principles of life
- Increase Your Level of Social Awareness (Empathy)
- Apply the Principles and Practices of Emotional Intelligence to Building Trusting Relationships
- EQ Flexibility in handling changes
- Developing emotional resilience

## Day 5

### Emotionally Intelligent Negotiations for Developing an Emotionally Intelligent Teamwork

- The Importance of Emotional Intelligence to Team Effectiveness
- Emotionally Intelligent Negotiations
- Building Trusting Relationships
- Self-Motivation and Motivating Others
- Creating an action plan

# Leadership Skills in Lean Times

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All Fees are subject to 5% Value Added Tax (VAT).\*

## Your Details

Name (Mr/Ms):.....  
Position:..... Organisation:.....  
Address:.....  
.....  
City / Country: .....  
Telephone: ..... Email: .....

## Mode Of Payment

Please find enclosed a cheque made payable to EuroMaTech

Please invoice me

Please invoice my company as follows:

Contact Name: .....

Company Name: .....

Address:.....

Email: .....

### Documentation

High Quality material has been prepared by the Seminar Leader for distribution to delegates.

### Certificates

A Certificate of Completion will be issued to those who attend & successfully complete the programme.

### Registration & Payment

Please complete the registration form on this page & return it to us indicating your preferred mode of payment.

For Further Information, email us at [info@euromatech.ae](mailto:info@euromatech.ae).

### Cancellation Policy

Request for seminar cancellation must be made in writing & received at EuroMaTech three weeks prior to the seminar date. A U.S.\$250/- processing fee will be charged per delegate for each cancellation. Thereafter, we regret that we are unable to refund any fees due, although in such cases we would be happy to welcome a colleague who would substitute for you.

### Disclaimer

EuroMaTech reserves the right to alter the content, location of the Seminar, or the identity of the speakers in case of events beyond our control.

### Contact Us:

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