



Leading with Emotional Intelligence

Details

Duration: 1 Day

Region & Dates

Dublin: Apr 3, 2019

Dublin: Nov 21, 2019

Time:

9.30 am– 5.00 pm

Venue:

Ibec
84-86 Lower Baggot Street
Dublin 2

Cost:

Ibec member: €385

Non-member rate: €425

Programme Overview:

The Leading with Emotional Intelligence Programme is an engaging and interactive one-day workshop in which you will explore your Emotional Intelligence in order to develop and enhance your leadership effectiveness.

Programme Outcomes:

On completion of the programme, participants will:

- Understand what Emotional Intelligence is, and how it relates to performance at work.
- Understand how your attitudes and emotions support or hinder your ability to inspire great performance in yourself and others.
- Recognise your own personal EI strengths and development areas.
- Cultivate tools and techniques to help you inspire great performance in yourself and others.

Approach:

This is a one day programme. The programme includes pre-work activities, full-colour workshop materials, individual reflective journals with tools for use back at work.

Who Should Attend?

Those wishing to improve their awareness of self and others so they can maximise their interpersonal relationships. This workshop is particularly relevant to anyone moving into or currently in a management or leadership role.



Programme Schedule:

Morning

- Check-in
- Introduction to Emotional Intelligence
- Why it is important - linkage to business results
- Emotional Intelligence Toolkit
- Leading with Attitude

Afternoon

- Enhancing my awareness - of self/others
- Linking feelings to behaviours
- Managing with EI - Giving feedback
- Developing EI - Practical Tools - Listening, effective meetings
- Habit Change
- Action Plan
- Check-out

Contact:

For further information,
please contact
Raquel de la Pena
t: 01 605 1667
e: training@ibec.ie

What you said:

“Specific techniques to apply to the workplace”
Helen O’Gara, Connections Manager, AvantCard DAC