

The Emotionally Intelligent Leader Programme Outline



Overview

The business world is ever demanding. Whatever your Leadership role, the skills and abilities to reach business goals and bring others with us are more and more crucial for success. Emotional Intelligence is a set of capabilities that distinguish outstanding people. Every Leader has the capability to increase their self-awareness and therefore their effectiveness when working with others. This workshop provides an introduction to emotional intelligence for anyone in a management or leadership role. It will provide you with fascinating insights into how you are being with your colleagues. It will provide you with new impetus for change and a time to take stock of your leadership skills and abilities.

This 2-day workshop presents the opportunity for you to become more emotionally intelligent in your leading of others. The benefits of this 2-day workshop will be felt for the rest of your professional career as a Manager.

This workshop is delivered for groups of 6 to 10 leaders participating from the same organisation.

Benefits to you and your organisation:

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

- State the role of Emotional Intelligence in their effectiveness as Leaders.
- List the business case for Emotional Intelligence as well as their own reasons for seeking improvement in their management ability.
- Conduct an audit of their current work relationships leading to priorities for improvement.
- Assess their own current levels of emotional intelligence.
- Take careful stock of where they are in relation to their hopes, dreams and aspirations and conduct a whole life check on the extent to which their current situation is satisfactory.
- Achieve greater work/life balance through a focus on identifying, understanding, using and managing emotions.
- Plan a work-based project to continue to work on their emotional intelligence after the course.

Facilitator:

Geetu Bharwaney is Founder and Managing Director of Ei World Limited. She has many years' experience of training trainers and she is a UK pioneer in the field of Emotional Intelligence. She is writing a book 'Emotionally Intelligent Living'. Her interest lies in helping Managers to role model powerful leadership.

Learning Methods:

Accelerated learning methods will be used.

Venue:

Ei World Limited's training centre in Ampthill, Bedfordshire, or an alternative venue of your choice.

Who should participate:

This workshop is ideal for Leaders who are either experienced and want to invest in developing their capabilities. It will also be relevant for new leaders who would like to give themselves the best chances of success.

Indicative Programme

DAY 1

Welcome and introduction

- Aims and objectives, personal learning goals, training experiences

Introduction to Emotional Intelligence

- Definitions
- IQ versus EQ
- Business case evidence
- Models of emotional intelligence
- Underpinning concept of Ei World's approach to emotional intelligence.

Emotionally Intelligent Leadership

- What is the evidence?
- What is emotionally intelligent leadership?

Successful relationships

- Using TRUST to audit existing relationships
- Stakeholder status

DAY 2

Emotions

- The 4 main emotions and the impact on management
- Emotions in change or transition
- How to support yourself and others through change

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- Having more of the emotions that will help in managing

Stress Management

- The impact of emotions on day-to-day stress management
- Heart, mind and body connection
- Identifying and understanding hot buttons

Core Commitments

- Stands and Charters
- Clarity and Focus

Emotional Intelligence in Action back at work

- Creating a project for improvement

Logistics – hotel and travel

Venue:

4 Doolittle Mill, Ampthill, Bedfordshire MK45.
We are located approximately 40 miles north of London.
Alternatively, this event can be run at a location to suit you for a leadership group.

BY CAR

Nearest Motorway is Junction 12 or 13 of the M1.

BY TRAIN

The nearest train station is Flitwick (45 minutes from Kings Cross Thameslink).

BY AIR

Nearest airports are Luton, Heathrow, Gatwick.
If you enjoy travelling from airports by train, then fly to Gatwick then there is a direct train from Gatwick to the local station called 'Flitwick' - takes an hour. Or, if you prefer to travel by car, then fly to Heathrow and we can arrange for a taxi to pick you up.

Luton is by far the closest airport but not all transatlantic routes fly there.

OVERNIGHT ACCOMMODATION

The programme is non-residential but we have an arrangement with Flitwick Manor (part of the Menzies Hotel group) where we encourage participants to stay - it is a 5-minute drive from our training centre. This small, great hotel provides a perfect restful backdrop to the intensity of the learning!

You can contact them to make a reservation using the details below. Make sure you quote 'Ei World' to get the reduced rate. We have a block of rooms reserved for our clients but you will have to clear your account directly with them. We advise you to book early as not everyone will be able to stay. A list of other hotels is available on request if you are not able to book into Flitwick Manor.

Their contact details are:

Menzies Flitwick Manor, Church Road,
Flitwick, Bedfordshire MK45 1AE

Tel: +44-(0)1525-712242

Fax: +44-(0)1525-718753

Email: James.Parker@menzies-hotels.co.uk

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