



# Leading with Emotional Intelligence

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Lead powerfully with presence & impact and make emotional intelligence a key part of your leadership competences.

## Highlights

- Assess your own personal credibility quotient and learn how to influence others with authenticity.
- Identify your own emotionally intelligent leadership communication strategies for today and tomorrow.

## Key Competences

- Emotional intelligence (EI)
- Change management
- EI listening skills for leaders
- Leadership authenticity
- Developing Empathy
- EI communication strategies

## The Right Programme for You

You are a manager or leader with 5+ years' experience. You want to create a healthy, productive workplace and organizational culture by improving your overall effectiveness through EI.

Senior Managers

Managers



## Learn, Practice and Use

- **Lead** powerfully with presence and impact
- **Gain** valuable emotional insights and awareness to inspire and maintain productive relationships across the organization
- **Manage** and adapt emotional behaviours that expand your sphere of credibility and influence
- **Utilize** empathy to promote strong internal and external relationships
- **Apply** collaborative, inclusive and creative communication practices
- **Harness** emotionally intelligent motivational skills to achieve the best team results
- **Use** emotionally intelligent mindfulness practices when team members experience stress
- **Create** an emotionally intelligent inspiration plan
- **Apply** empathy during the coaching process
- **Share** your knowledge and challenges with your peers and MCE's highly experienced faculty

## Practical Information

### Face-to-Face



**3 days**  
**€3,495**

### Live Online



**4 x 3-hour sessions**  
**€2,995**

### Available In-Company

The programme is available as an In-Company solution for your teams. More information at [mce.eu/inco](https://mce.eu/inco)

# Programme Modules

1

## **Integrating Emotional Intelligence and Leadership Competencies**

- Recognize the impact your emotionally intelligent interpersonal communication skill has on your colleagues
- Apply emotionally intelligent speaking and listening skills to leading

2

## **Achieving Emotionally Intelligent Influence and Inspiration**

- Assess your personal credibility quotient to authentically influence others
- Apply empathy as a powerful influencing strategy when coaching
- Analyze resistance through the lens of emotional intelligence to identify alternative influencing approaches
- Categorize your present strengths and liabilities when seeking to inspire others
- Apply skills to inspire using emotionally intelligent leadership stories

3

## **Encouraging Emotionally Intelligent Collaboration Practices**

- Share effective approaches for EI collaboration
- Allow opportunities to practice effective inquiry techniques

4

## **Managing Change with Emotional Intelligence**

- Recognize how emotions affect attitudes toward change
- Identify communication skills to help colleagues move beyond their resistance to change

5

## **Attaining Healthy Conflict with Emotional Intelligence**

- Recognize the central role of relationship development and maintenance in achieving healthy conflict
- Apply strategies for cultural and communication awareness when leading and managing healthy conflict
- Identify emotionally intelligent leadership communication strategies to create and maintain healthy conflict

6

## **Leading Emotionally Intelligent Teams**

- Analyze team social and emotional intelligence
- Assess stress levels within the team
- Utilize mindfulness practices when whole teams or single team members encounter stress

7

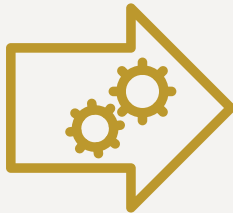
## **Demonstrating Your Emotional Intelligence**

- Synthesize emotionally intelligent competencies to address complex leadership challenges and opportunities
- Allow opportunities to practice effective inquiry techniques



# Learn

the key business skills and knowledge you need for your management role today and tomorrow



# Practice

the skills you learn and get feedback, recommendations and coaching



# Use

what you learn and practise as soon as you get back to your office

For more information please contact:



+32 2 543 21 20

@ info@mce.eu

Visit [mce.eu](https://mce.eu)

