**[FineResults Research Services](http://fineresultsresearch.org/)** invites you to training on:

Topics: [**Emotional Intelligence and Organization Culture for Successful Leadership**](https://bit.ly/3f9W4sk)

**Date:** **26th to 30th October 2020**

**Cost: USD 800 or Ksh 65000**

**Contacts: +254 759 285 295,** [**training@fineresultsresearch.org**](mailto:training@fineresultsresearch.org)**.**

**Venue :** **FineResults Research, Nairobi, Kenya Training Centre.**

**INTRODUCTION**

Emotional Intelligence is the capacity to understand and manage one’s emotions. Emotional intelligence leaders are therefore considered as the ones who are aware and have an understanding of their own and others’ emotion, and are capable of using that understanding to effectively motivate, inspire, challenge, and connect with others. Such leaders are likely to manage stress and solve conflict effectively unlike traditional managers. They are also more linked with employee’s satisfaction and performance effectiveness than their traditional managers counterparts. This 5 days training course will help leaders manage their emotions, appropriately respond to those of others and improve personal effectiveness and team performance. Participants will acquire skills including self-awareness, self-regulation, motivation, empathy, and social skills among others.

**DURATION**

5 Days

**COURSE OBJECTIVES**

At the end of the training, participants will learn how to:

* Develop greater self-awareness and strengthen their leadership
* Apply four core emotional intelligence competencies for achieving results
* Assess your own self-awareness and communication style
* Demonstrate the attributes of an emotionally intelligent leader
* Apply emotional intelligence in your work and personal life
* Develop strategies to manage your emotions in challenging situations
* Respond to difficult people by inspiring and fostering respect
* Build and maintain an emotionally intelligent team
* Relate the emotional intelligence with organization culture
* Define conflict and identify your style in conflict situations
* Apply a process for resolving workplace conflicts

**WHO SHOULD ATTEND?**

* Business leaders,
* Mangers,
* Emerging leaders in the organization.
* Individuals who desire to develop emotional intelligence in all aspects of their work and personal life

**TOPICS TO BE COVERED**

**Module 1: What is Emotional Intelligence**

* Benefits of emotional intelligence
* Four quadrants of emotional intelligence
* Self-awareness
* Self-Management
* Self-Awareness
* Self-Regulation
* Self -Motivation
* Empathy

**Module 2: Four Skills in Emotional Intelligence and Verbal Communication Skills**

* How to Accurately Perceive Emotions
* Use Emotions to Facilitate Thinking
* Understand Emotional Meanings
* Manage Emotions
* Focused Listening
* Asking Questions
* Communicating with Flexibility and  Authenticity

**Module 3:**

**Non?Verbal Communication Skills & Social Management and Responsibility**

* Body Language
* The Signals You Send to Others
* It’s Not What You Say, It’s How You Say It
* Benefits of Emotional Intelligence
* Articulate your Emotions Using Language

**Module 4: Tools to Regulate Your Emotions & Gaining Control**

* Self-Management and Self Awareness
* Giving in Without Giving Up
* Using Coping Thoughts
* Using Relaxation Techniques
* Bringing it All Together

**Business Practices**

* Understand Emotions and How to Manage Them in  the Workplace
* Role of Emotional Intelligence at Work
* Disagreeing Constructively
* Creating a Powerful First Impression
* Assessing a Situation
* Managing emotions and stress in the workplace
* Behaviour, communication and language

**Module 5: Relating emotional intelligence with organizational culture**

* Five dimensions of organizational culture – job challenge, communication, trust, innovation and social cohesion.
* Relationship between culture and the organization
* The key characteristics of organizational culture
* Different images of organizations

NB: We are offering you a half day, fun and interactive team building event!

## **Be part of the Training**

* Click [**HERE**](https://bit.ly/2SrDAtx) for the individual registration.

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Visit our [twitter account](https://bit.ly/38oZRi7)