

2-day open programme

Leading with Emotional Intelligence

Giving you the edge in leadership effectiveness



Leadership is an art and emotional intelligence is a critical skill that will help leaders be far more effective.

Emotions play a far greater role in determining business outcomes than many leaders realise. Leaders who are self-aware and able to engage hearts as well as minds by using emotions intelligently generate higher performance from themselves, their team and their organisation.

Leading with emotional intelligence

This practical 2-day course equips you with the foundational skills to become more flexible, self-aware and people savvy to take your leadership to the next level.

This leadership course is a unique opportunity to learn the science behind effective leadership as well as the skills. Rarely offered outside of senior leadership programmes within organisations, this course blends key insights from neuroscience—what leaders need to know to become more strategic and effective—together with over a decade's research into emotional intelligence.

“The higher a position in an organisation the more EI matters”

DANIEL GOLEMAN

Why emotional intelligence?

Emotional intelligence underpins our capacity to work well with others, manage stress and make effective decisions.

Emotional intelligence, more than knowledge, technical skills or traditional measures, has been shown to determine individual performance and business outcomes. These abilities can be measured and learned.

Two decades of solid research has demonstrated that developing emotional intelligence has a bottom-line impact on performance, employee engagement, organisational climate, teamwork, sales and customer loyalty. Learning to be more emotionally intelligent has never been so important.

Tangible outcomes

This 2-day course is an opportunity to...

- Gain core skills and critical knowledge to engage people and make good decisions.
- Learn techniques to perceive, use and understand your emotions and others, including how to read body language and pick up emotional signals before they escalate.
- Increase your ability to manage your own and other's emotions and behaviour.
- Receive personal assessment and coaching to increase your confidence and self-awareness.

Your employer will also benefit from your improved emotional intelligence, practical understanding of best-practice leadership, and greater capacity to bring out the best in others.

Powerful learning

Leading with Emotional Intelligence teaches you the core emotional intelligence models, tools and techniques you need to lead with emotional intelligence.

By exploring how emotions work in the brain, you will discover why we react emotionally, how these responses can negatively impact our leadership and decision-making ability and what you can do to be more effective and successful.

You will experience powerful learning that will challenge and expand your thinking and enable you to design personal strategies to increase your effectiveness at work and in all areas of life.

Who should attend?

- Leaders and managers
- High potential individuals aspiring to a leadership role
- Anyone who wants to increase their influencing skills and ability to manage complex relationships
- Anyone seeking powerful personal or professional development



Expert facilitators

Specialist facilitators will guide and support your learning throughout the two days.

All our facilitators share passion, knowledge, commitment and a real world understanding of what it takes to lead – and live – with emotional intelligence.

They convert the latest research and techniques into everyday language so you can immediately grasp the relevance to you and put techniques into action.

Great value

For just \$1,795 + GST each person receives:

- 2-day training programme (9am – 5:30pm)
- Personal MSCEIT assessment, report, individual debrief and action planning session (valued at \$750)
- Training materials, lunches and refreshments
- Post-programme follow-up

Group discounts: 10% off the full fee when 2 or more register (save \$179 per person)

“Emotional Intelligence isn't a luxury you can dispense with in tough times. It's a basic tool that, deployed with finesse, is the key to professional success.”

HARVARD BUSINESS REVIEW

Course Outline

Day One – Emotional Intelligence

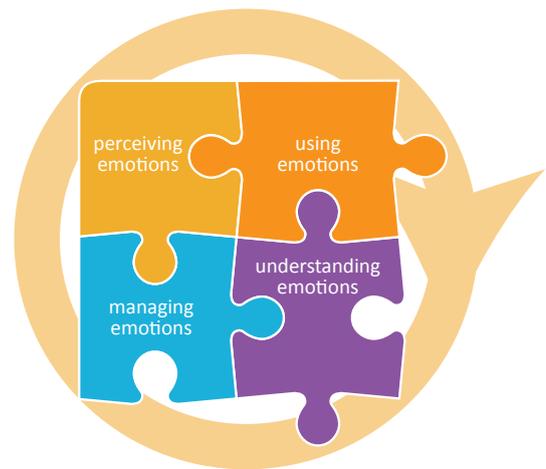
- Mayer-Salovey-Caruso model of emotional intelligence (MSCEIT) - perceiving, using, understanding and managing emotions
- The science of emotions - neuroscience for leaders
- Emotional perception in self and others
- Using emotions to facilitate cognitive thinking
- Emotional complexity - why people do what they do
- Emotional triggers - understanding progression

Day Two – Leading self and others

- Managing emotions in self and others - building resilience and handling emotions effectively
- Creating a climate of success through your own emotional intelligence skills and strategies
- Building positive relationships to create higher performance
- Team communication - positive ratio for success
- Actions to drive engagement

Individual support

- Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) and personal development report
- Confidential debrief and action planning



“After receiving less than flattering feedback at work, I was determined to improve my self-awareness and understanding of others. By analysing my EI abilities (or lack thereof) systematically I was able to improve my relationships with colleagues. The skills I learned were a key success factor in gaining a C-level position months later.”

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MULTINATIONAL PHARMACEUTICAL COMPANY

Upcoming courses

Visit our website for dates and locations.

Places limited to 16 people.

Ask us about in-house programmes for organisations and groups and advice to help you build emotionally intelligent leaders.

Register now

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