

EMOTIONAL INTELLIGENCE

A CRITICAL ELEMENT OF LEADERSHIP

The discovery of Emotional Intelligence (EQ) marks a radical shift from the earlier theories of measuring and assessing individual potential. The impact of emotional control and management on an individual, was known in psychology but not its implication on organisation development. Several recent studies carried out, have revealed that EQ is the best predictor of success in life. Obviously, the success in the current turbulent business environment greatly depends on our ability to understand and effectively manage emotions, in both ourselves and others. Unlike IQ, Emotional Intelligence skills can be developed and improved over time.

OBJECTIVES

- ◆ To help the participants gain a better appreciation of what it takes to be more successful as a Leader - Manager.
- ◆ To help participants develop a deeper understanding of themselves and to create better, more productive working relationships.
- ◆ To help participants to become more aware of the importance of their emotions, and how to apply them for better overall results.



OUTLINE

- ◆ Self awareness and understanding one's Interpersonal Orientation
- ◆ A working definition of Leadership
- ◆ Difference between Manager and Leader
- ◆ Leadership Qualities - an in-depth perspective
- ◆ Multiple Intelligence
- ◆ What is Emotional Intelligence (EQ)?
- ◆ Business case for Emotional Intelligence
- ◆ Taps into power of Emotions for enhancing Leadership Skills
- ◆ Building Emotional Intelligence Competencies
- ◆ Rational Emotive Behaviour Therapy (REBT)
- ◆ Strategies for promoting Emotional Intelligence

FACILITATOR

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Prasad is an inspiring motivational speaker and leadership coach. He has over 25 years of work experience at senior levels in the field of Human Resource Management and Training. His major stint has been with Tata Consultancy Services Ltd., where he discovered his true passion for training. He has undergone an extensive training in advanced skills for professional trainer at Tata Management Training Centre (TMTC), Pune. Training delivery and people management are his forte.

He was guest faculty at Goa Institute of Management Studies, Goa University and School of Business Management at Belgaum.

As an accomplished Corporate Soft Skills Trainer, his focus areas of training include Business Communication, Presentation Skills, Emotional Intelligence, Interpersonal Skills, Leadership, Team Building, Motivation, Self-development, Change Management and Creativity & Innovation.

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