

Leading with Emotional Intelligence

An Experiential Training Workshop



Awareness of Self ◆ Awareness of Others

synergen.
group

Workshop Agenda



Understanding ourselves and understanding others is the only way to get the most out of our teams and those we work with. Managers and leaders who can do this will:

- Build stronger relationships with those they work with
- Create long term relationships based on trust and respect
- Foster a work environment where people feel psychologically safe
- Increase individual and team performance levels
- Instil a sense of belonging and team

Our experiential workshops are designed to provide the participants with the opportunity to experience the frameworks and concepts in a facilitated learning environment. This approach equips the participants with the skills and knowledge to take the concept back to their workplace where they can successfully implement it.

Self Awareness

- Emotional awareness
- From trigger to impact

Self Management

- Emotional self control
- Feedback from others

Social Awareness

- Empathy and sensing others
- Recognising emotional cues
- Taking responsibility

Relationship Management

- Developing others
- Inspirational leadership
- Team work and collaboration

Lead Self and Lead Others

Call Us To Talk About Our 3 Areas Of Education and Consultancy Expertise

What You Will Learn and Achieve

Expected Outcomes

After attending this workshop, participants will understand:

- How to identify the emotions they are feeling and the triggers that caused them
- How to manage their emotional state in times of pressure
- How to use emotional intelligence as a catalyst for building relationships
- How to recognise and manage the emotional states of others
- How to use emotional intelligence to create a psychologically safe environment

We recommend that this workshop is delivered as part of our “Leadership & Management” series of workshops including:

- Managing Performance
- Communicating with Influence
- Building Strong Relationships
- Leading Change

Duration: One Day

Attendance: Maximum of 16 people

Delivery Method: Face to Face, delivered On or Off-site

Cost: \$7,500 including all materials required for the workshop



Understand Yourself and Understand Others

Leadership & Management - Lean & Productivity - Safety & Environment

Why Synergen Group

Our success comes not only from our expertise in building leadership capability and improving business processes, but also from our ability to engage effectively with leaders and teams at all levels.

We are leaders in providing business transformation and leadership programs that bring real results. Our training and workplace methods have been refined over many years to ensure they are engaging and practical and the feedback we receive is consistently excellent.

Our reputation speaks for itself. Over the past decade we have worked with clients of all sizes including some of Australia's most respected organisations. Here are just a few:



Australian Government
Tertiary Education Quality and Standards Agency



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