

Emotional Intelligence for leaders and teams

This course enables you to lead with greater self-awareness, empathy, and impact by applying the principles of Emotional Intelligence.

Course content

Throughout this course, you will learn how to manage emotions, build strong relationships, and lead with Emotional Intelligence. The course covers:

- Self-awareness: understanding your emotions
- Self-regulation: managing your emotions
- Empathy: Understanding others' emotions
- Social skills: building strong relationships
- Motivating: leading with purpose

Learning objectives

- Develop greater self-awareness and emotional self-regulation to lead with confidence and composure.
- Enhance empathy and social skills to build stronger, more effective team relationships.
- Apply Emotional Intelligence to inspire and motivate others with clarity and purpose



Approximately 40 mins (self-paced)



For hiring managers



Enquire for prices



Optional extra: Post eLearning workshop
Enquire for prices