



HARNESSING EMOTIONAL INTELLIGENCE

FOR LEADERSHIP GROWTH

PROGRAM INTRODUCTION

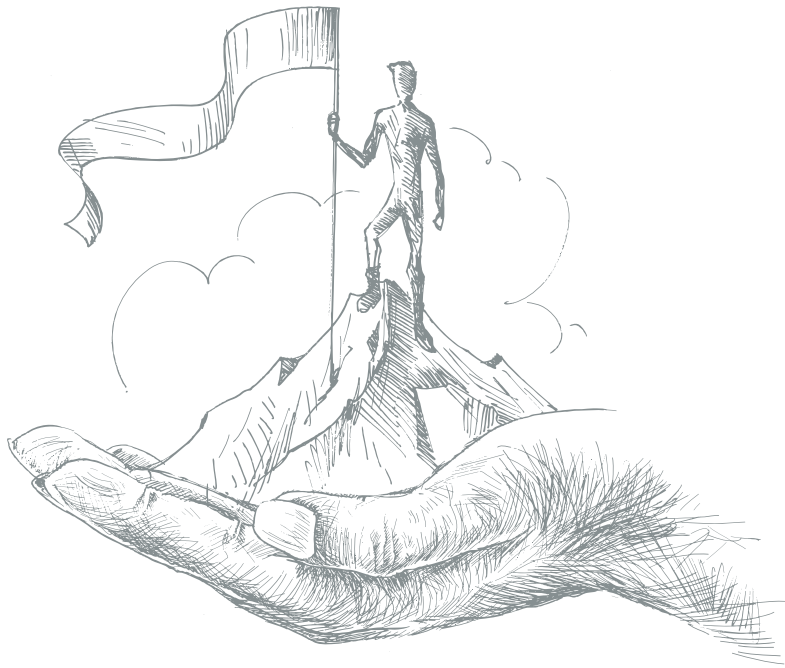
The "Harnessing Emotional Intelligence for Leadership Growth" program is designed to empower leaders with the skills and knowledge necessary to enhance their emotional intelligence (EI) for effective leadership. This intensive workshop guides participants through understanding and applying EI principles to improve personal effectiveness, team dynamics, and organizational performance. By focusing on self-awareness, empathy, and emotional regulation, leaders will learn to foster a positive work environment and drive sustainable growth.

LEARNING OUTCOMES

- 01 Understand Emotional Intelligence: Grasp the impact of EI on leadership effectiveness.
- 02 Enhance Self-Awareness: Recognize personal emotions and their influence on decision-making and relationships.
- 03 Improve Empathy and Communication: Cultivate empathy and active listening skills to enhance communication.
- 04 Manage and Resolve Conflicts: Apply EI techniques to constructively manage conflicts within teams.
- 05 Master Feedback Dynamics: Learn to give and receive feedback using EI to promote growth and development.
- 06 Lead with Emotional Agility: Adapt to changing situations and manage client relationships effectively.
- 07 Integrate EI for Team Building: Foster effective team building and collaboration through EI strategies.

LEARNING PEDAGOGIES

- Interactive Workshops: Hands-on activities to apply EI concepts in real-world scenarios.
- Case Studies and Role Plays: Exploration of real-life situations to enhance understanding and application of EI principles.
- Self-Assessment Exercises: Tools to evaluate and improve personal emotional intelligence.
- Group Discussions and Reflections: Collaborative learning through discussions and reflections on experiences.
- Simulations: Engaging simulations to practice and refine EI skills in dynamic environments.
- Readings and Video Lectures: Supplementary materials to deepen understanding and provide diverse perspectives.



PROGRAM OUTLINE

DAY 01

UNDERSTANDING AND DEVELOPING EMOTIONAL INTELLIGENCE

SESSION 1

UNDERSTANDING EMOTIONAL INTELLIGENCE AND ITS IMPACT ON LEADERSHIP

ACTIVITIES:

- ▶ Self-Assessment Exercise:
- ▶ Self-Development Exercise:
- ▶ Case Study and Role Play:
- ▶ Reading:

SESSION 2

ENHANCING SELF-AWARENESS

ACTIVITIES:

- ▶ Self-Assessment Exercise:
- ▶ Group Discussion:
- ▶ Simulation:

PROGRAM OUTLINE

DAY 02

APPLYING EI IN CONFLICT AND FEEDBACK MANAGEMENT

SESSION 3

MANAGING DIFFICULT PEOPLE WITH EMPATHY

ACTIVITIES:

- ▶ Reading:
- ▶ Self-Assessment Exercise:
- ▶ Case Study:
- ▶ Simulation:

SESSION 4

MANAGING AND RESOLVING CONFLICTS WITH EI

ACTIVITIES:

- ▶ Video Case:
- ▶ Reading:
- ▶ Role Plays:
- ▶ Case Study:

SESSION 5

MASTERING FEEDBACK WITH EMOTIONAL INTELLIGENCE

ACTIVITIES:

- ▶ Reading:
- ▶ Model:
- ▶ Case Study and Role Play:
- ▶ Feedback Tools:

DAY 03

LEADERSHIP GROWTH THROUGH EMOTIONAL AGILITY

SESSION 6

MANAGING CLIENT RELATIONSHIPS WITH EMOTIONAL AGILITY

ACTIVITIES:

- ▶ Client Management Model:
- ▶ Video Lecture:
- ▶ Case Study and Role Play:

SESSION 7

OPTIMIZING TEAM DECISIONS: EI IN COMPETITIVE ENVIRONMENTS

ACTIVITIES:

- ▶ Framework:
- ▶ Leadership and Team Simulation:
- ▶ Group Discussion:

SESSION 8

ACTION PLANNING FOR LEADERSHIP GROWTH

ACTIVITIES:

- ▶ Individual Reflection:
- ▶ Group Sharing:
- ▶ Closing Remarks:

PROGRAM FACULTY



DR. ANWAR KHURSHID

35 Years of Experience as an Executive Trainer
Ph.D. from Michigan State University
MBA from Ohio State University

High-Level Executive Training:

OGDCL, Interloop Limited, Softwood, Meezan Bank, Cotton Web, Teradata, Packages Limited, PNRA, Barclays African Leadership Program, Barclays Emerging Leadership Program Dubai, Sasol Executive Development Program Mumbai, MTN Leadership in Delhi

Specialized Training Areas:

Leadership Development, Team Dynamics, Strategic HRM, Performance Management, Change Management, Employee Engagement, Talent Acquisition, Conflict Resolution, Organizational Culture, Ethical Leadership, Corporate Social Responsibility



DR. BASHARAT JAVED

7 Years of Executive Education Experience
Ph.D. HRM/OB, CUST

High-Level Executive Training:


FFBL, PAEC, NTC, Millat Tractor Limited, Millat Equipment Limited, Meezan Bank Limited, Softwood, Mobilink Microfinance Bank

Training Expertise:

Work Ethics, Leadership Styles, Strategy Championship, Team Building, Entrepreneurial Behavior, Integrated Communication, Conflict Management



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