

# EMOTIONAL INTELLIGENCE: BECOMING BETTER LEADERS THROUGH IMPROVED LIFESTYLES

*“Enhance Leadership, Relationships, and Performance by Mastering Emotional Intelligence.”*

## Schedule

Venue (InHouse)	Fees
At Your Organization Premises	Ask For The Quotation

## Introduction

Leadership today goes beyond technical expertise and managerial skills—it requires the ability to understand, manage, and influence emotions—both your own and those of others. Emotional intelligence (EI) is a critical competency that improves decision-making, communication, team dynamics, and personal well-being.

This course, Emotional Intelligence: Becoming Better Leaders Through Improved Lifestyles, integrates EI principles with practical lifestyle strategies to develop resilient, self-aware, and effective leaders. Participants will explore how personal habits, stress management, and mindfulness contribute to emotional regulation, empathy, and overall leadership effectiveness.

Through interactive exercises, self-assessments, and real-world leadership scenarios, participants will learn to harness EI to enhance relationships, motivate teams, and create a positive organizational culture.

## Objectives

By the end of this course, participants will be able to:

- Understand the key components and principles of emotional intelligence.
- Assess personal EI strengths and areas for development.
- Apply self-awareness and self-regulation techniques in leadership.
- Enhance empathy and interpersonal communication skills.
- Develop resilience, stress management, and mindfulness practices.
- Build positive relationships and influence others effectively.
- Integrate lifestyle improvements to support emotional balance and productivity.
- Lead teams and organizations with greater emotional intelligence and impact.

## Why Attend

Research shows that leaders with high emotional intelligence achieve better team performance, higher engagement, and stronger organizational results. This course equips participants with the skills to lead with empathy, manage emotions effectively, and maintain personal well-being, resulting in improved decision-making, stronger relationships, and sustainable leadership success.

## Target Audience

This course is suitable for:

- Managers, Team Leaders, and Supervisors
- Senior Executives and Department Heads
- HR and Organizational Development Professionals
- Project Managers and Coordinators
- Emerging Leaders and Professionals aiming to improve leadership and interpersonal skills

## Individual Benefits

- Enhance self-awareness, self-control, and emotional resilience.
- Improve communication, collaboration, and relationship-building skills.
- Strengthen leadership presence and influence.
- Reduce stress and improve work-life balance through lifestyle integration.
- Develop strategies for conflict resolution and motivation.
- Increase confidence and effectiveness in personal and professional interactions.

## Organizational Benefits

- Improve leadership effectiveness across teams and departments.
- Foster a culture of empathy, collaboration, and engagement.
- Enhance team performance, productivity, and morale.
- Reduce workplace conflict and stress-related challenges.
- Support employee retention, satisfaction, and organizational loyalty.
- Build emotionally intelligent leaders capable of navigating change effectively.

## Instructional Methodology

The program employs a practical, interactive, and experiential learning approach, including:

- Instructor-led presentations and discussions
- Emotional intelligence self-assessments and reflection exercises
- Case studies and real-world leadership scenarios
- Role-playing and interactive group activities
- Lifestyle and mindfulness exercises to support emotional balance
- Peer feedback, coaching, and action planning

### Course Outline

- Module 1: Introduction to Emotional Intelligence and Leadership
- Module 2: Self-Awareness – Understanding Personal Emotions and Triggers
- Module 3: Self-Regulation – Managing Reactions and Stress
- Module 4: Motivation – Developing Drive, Focus, and Resilience
- Module 5: Empathy – Understanding and Connecting with Others
- Module 6: Social Skills – Communication, Influence, and Collaboration
- Module 7: Lifestyle Integration – Mindfulness, Health, and Well-being for Leaders
- Module 8: Conflict Management and Relationship Building
- Module 9: Leading Teams with Emotional Intelligence
- Module 10: Capstone Project – Personal EI Development and Leadership Action Plan

### Certification

Upon successful completion, participants will receive a Certificate in Emotional Intelligence: Becoming Better Leaders Through Improved Lifestyles, recognizing their ability to apply EI principles, manage emotions, and lead with empathy and effectiveness.

### Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
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#### In-House / Customized Training

Interested in running this course for your team?

Please contact us:

TEL:

**+601116373203**

EMAIL:

**info@mawaevents.net**

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