

FORE School of Management

Management Development Programme on Developing Emotional Intelligence for Effective Leadership August 3-5, 2011, FSM Campus, New Delhi

Backdrop

Experts now acknowledge that Emotional Intelligence (EI) is perhaps the most crucial determinant of success in the workplace. EI is considered as a means to realize personal ambitions and optimize organizational effectiveness through the masterful management of emotions. At work it acts as an antidote to job-related stress. And unlike IQ or other traditional measures of intelligence, EI can be developed and dramatically increased.

Typically, “emotional intelligence” is considered to involve emotional empathy; attention to, and discrimination of one’s emotions; accurate recognition of one’s own and others’ moods; mood management or control over emotions; response with appropriate (adaptive) emotions and behaviors in various life situations (especially to stress and difficult situations); and balancing of honest expression of emotions against courtesy, consideration and respect, i.e. possession of good social skills and communication skills.

Objectives

- To understand observe and monitor one’s own emotions
- To learn how to manage one’s emotion and motivate self
- To develop interpersonal expertise

Contents

- Developing high self awareness
- Managing your emotions
- Motivating self
- Developing effective communication skills
- Developing interpersonal expertise
- Emotional leadership
- Intuition & Empathy

Methodology

Our approach in the programme would be to help the participants gain insights by providing hands-on real-life assistance through case studies, simulation exercises, worksheets, checklists, psychometric tests, experiential sharing etc. besides lecture method. .

Who May Attend

Managers who want to experience personal growth and unleash optimal performance for breakthrough results through Emotional Intelligence will find the programme useful.