

# Developing Emotional Intelligence For Leadership Effectiveness



Emotional intelligence is a critical capability for effective leadership, strong relationships, and sustained performance. This workshop helps participants develop greater awareness of their emotions, behaviors, and internal drivers—and understand how these factors influence communication, decision-making, and leadership effectiveness.

Participants learn practical strategies for managing emotional responses, navigating challenging situations, and communicating with empathy and authenticity. Through reflection and real-world application, individuals strengthen their ability to build trust, motivate others, and foster positive working relationships—enhancing leadership presence and overall effectiveness at work and beyond.

## Workshop Objectives:

- Understand emotional intelligence as a core leadership capability that influences communication, decision-making, and performance.
- Increase self-awareness by recognizing emotional triggers, patterns, and internal drivers.
- Manage emotional responses effectively, particularly in high-pressure or challenging situations.
- Demonstrate empathy and social awareness to strengthen relationships and collaboration.
- Communicate with authenticity and emotional control to build trust and credibility.
- Apply emotional intelligence strategies to motivate others and address interpersonal challenges.
- Strengthen leadership presence and influence through emotionally intelligent behaviors.
- Integrate emotional intelligence practices into daily leadership interactions for sustained effectiveness.



## Course Outline:

Module One: Getting Started  
Module Two: Intro to Emotional Intelligence  
Module Three: The Components of EI  
Module Four: Tools to Gain Control  
Module Five: Verbal Communication Skills  
Module Six: Nonverbal Communication Skills

Module Seven: Managing Relationships  
Module Eight: Overcoming Obstacles  
Module Nine: Application to Business Practices  
Module Ten: Benefits of Emotional Awareness  
Module Eleven: Making an Impact  
Module Twelve: Wrapping Up

*\* Participants are strongly encouraged to complete the Genos Emotional Intelligence Assessment prior to attending this workshop.*