

Leading through Emotional Intelligence

Overview

Leaders are those who lead their teams to goals. For this, besides conceptual and technical skills, leaders need human skills. They must understand their own behaviour and its impact on the team. They should know how to motivate themselves and the team for the desired goal. They can tap into the positive energy of the team and minimise the negative energy. They should be able to synergise and multiply the impact. For all of this, the competency that a leader needs is emotional intelligence, since the passion and energy of human beings come from their emotions. Emotionally intelligent leaders have a handle on their team's behaviour and can lead them where they want.

Objective

- Understanding the significance of emotional intelligence
- Becoming aware of own strengths in emotional intelligence and also of areas for development
- Motivating self for own goals
- Motivating others for organisational goals

Commercials

- ₹ 15000/- per person per day plus GST (including accommodation, food, classroom and other facilities available on campus, and faculty support charges)
- 10 % discount to organisations nominating more than 10 persons



Duration: 2 days

Who should attend -

Senior and middle level executives who are leading teams.

Leading through Emotional Intelligence

Day	LEARNING FOCUS
Day 1	<p>Microlab-Defreezing</p> <ul style="list-style-type: none">• Making participants comfortable with the group so that meaningful interaction takes place during the programme <p>Introduction to emotional intelligence and its significance</p> <p>Self-Awareness</p> <ul style="list-style-type: none">• Awareness of own emotions• Realistic self-assessment• Self confidence <p>Introduction to Self-Regulation with self-work</p> <ul style="list-style-type: none">• Disruptive emotions- their significance• Positive emotions- their significance• Ability to move from one to the other
Day 2	<p>Self-Regulation</p> <p>Empathy and social skills</p> <ul style="list-style-type: none">• Concern for others• Service orientation• Building relationships and network <p>Self-Motivation and motivating others</p> <ul style="list-style-type: none">• Goals and passion Initiative• Hope and optimism <p>Action planning and valediction</p>

Methodology

Designed on advanced learning principles, the programme accesses the participants' higher order thinking skills of application, evaluation and creation. It involves participants at a deeper level through the use of various methodologies like case studies, group discussions, psychometric instruments, experiential learning activities and videos.

State Bank Institute of Leadership

Plot No. II F/2 Street No. 329, Action Area III, Newtown, Kolkata

Phone: 9967817799/ 7260801080

Email: academics.sbil@sbi.co.in