TM-IEL - Emotional intelligence and leadership with personal assessment

Soft skills - Sviluppo organizzativo e Coaching - Leadership e comunicazione

Durata:	Lingue:	Certificazione:
1 Giorno	**Italiano**	**-**

Descrizione del corso

What is emotional intelligence? “It is a set of abilities that allows you to use emotional information to guide thinking and to take right decisions” (Six Seconds). When recruiting a new professional figure, the first indicator is intelligence quotient (IQ). But when we need to decide which are going to be the most successful and productive team leaders, we need to consider emotional quotient (EQ). The abilities of managing ourselves and our relationships are the key skills that distinguish between good and bad performers. Nowadays a leader must be able to motivate every single member of the team to reach the goal. But to do so, he must also be aware of himself and of his own emotions and get quickly in contact with people, building trust relationships. The first step is to explore ourselves in order to identify strengths and weaknesses through a leadership assessment: a photography of ourselves.

Programma

- Introduction to emotional intelligence
- Leadership and emotional intelligence
- Individual assessment test
- Feedback on the assessment

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