



## Emotional Intelligence (EQ) Leadership Training

The workplace needs any asset it has available to push through and beyond any issues that it ends up facing and having someone in a management or leadership role with some knowledge in Emotional Intelligence (EQ) can go a long way in helping their workforce overcome any emotional issues they may have while also inspiring them to do more work and perform their assigned duties better. Paramount Training and Development knows just how potent a leader with knowledge in Emotional Intelligence (EQ) really is, and has developed an Emotional Intelligence Leadership Training course for leaders and future leaders to understand, control, care for, and utilise their and their peers emotions for their and the workplace's benefit.

## **Course Overview**

The first part of the day will be spent getting to know the participants and discussing the workshop. Students will have the opportunity to identify their learning goals.

### **At the end of this workshop, participants can:**

- Gain emotional self-awareness.
- Practice self-regulation.
- Improve self-motivation.
- Develop a sense of empathy.
- Develop social skills

### **Emotional Self-Awareness**

In this session, participants will be allowed to evaluate their strengths and weaknesses and hopefully foster an effort within our learners to develop positive attitudes such as humility, prudence, and other positive attitudes appropriate for their leadership role.

### **Exercise Self-Regulation**

In this session, participants are encouraged to have a calmed mind; beneficial to them in the leadership role and great for avoiding or attempting to avoid rash and emotional decision-making.

### **Motivate Themselves and Others**

This session will teach participants the mixed methodology to help them; from motivational training through imparting the right emotions, to speech training by using things like discourse analysis to breakdown effective motivational speeches and repurpose their elements to construct their own effective speeches, to sound techniques derived from psychological studies.

### **Develop Social Skills**

This session is incorporated with social skills in its training as social interaction and social skills in general can aid participants in identifying important emotional signifiers such as tone of voice and body language, as well as provide a strong test-bed for how to effectively transmit their other learnings to others.

### **Workshop Wrap-Up**

At the end of the day, students will have an opportunity to ask questions and fill out an action plan.

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