



## Emotional Intelligence for Managers Training

Managers have a role in leading their team to success and taking care of their wellbeing. It is important for leaders to understand their team members just like they would understand their friends. Leaders have a position where their actions not only impact the outcome of a situation but also influence the mood and behavior of their teammates. This can sometimes pose challenges. While it is true that a leader's presence can boost morale and guide people towards victory through leadership it is equally important for leaders to recognize when the team needs motivation, how to prevent conflicts, communicate effectively with sensitivity and provide instructions. This training program will equip participants with the skills to become intelligent leaders. The focus will be on communication, delegation of tasks, managing stress and addressing issues. Participants will learn how to lead with sensitivity, adapt in situations and uplift the morale of their teammates.

## **Course Overview**

The initial part of the workshop will involve getting to know each participant and discussing the objectives of the training. Participants will have an opportunity to define their learning goals.

By the end of this workshop participants will be able to;

- Understand methods, for delegating work
- Reduce stress levels.
- Enhance communication skills.
- Foster positive relationships, with colleagues in the workplace.

### **Task assignment;**

In this session participants will engage in team-based activities.

### **Managing stress;**

This session focuses on equipping participants with stress management techniques to maintain performance within the team.

### **Effective communication;**

Participants will gain an understanding of the significance of efficient communication for building professional connections with colleagues in the workplace.

### **Preventing violence;**

During this session participants will explore the importance of diplomacy in preventing and resolving conflicts before they escalate into violence.

### **Wrapping up the workshop;**

At the conclusion of the course students will have an opportunity to ask questions and create an action plan, for implementation.

Visit <https://paramounttraining.com.au> for more information or call 1300 810 725