

GLOBAL EXPERTS INSTITUTE FOR TRAINING.
ISO 9001-2008 TRAINING PROVISION CERTIFIED

Advanced Leadership and Emotional Intelligence

Schedule Dates:

Start Date	End Date	Place
19 / 02 / 2024	23 / 02 / 2024	Rome, Italy – Quirinale Hotel

Program Objective:

- ✓ Develop emotional excellence in yourself and in others
- ✓ Create a work culture where employees feel they add value
- ✓ Motivate employees effectively
- ✓ Develop positive eustress in your life
- ✓ Develop a healthy work life balance
- ✓ Nurture teamwork among your employees
- ✓ Break communication barriers
- ✓ Create positive relationships

Who Should Attend?

Managers – team leaders – supervisors

Program Outlines

Day One

Advanced Understanding of Emotional Intelligence and Emotional Excellence

- History of Emotional Intelligence
- Emotional Intelligence (EI) Defined and Applied at Work
- Emotional Intelligence Blueprint
- Developing Optimism and Overcoming Pessimism
- Validating Emotions in Ourselves and Others
- Applying Emotional Excellence at Work

Day Two

Understanding and Managing Emotional Stress, Anxiety & Depression

- Understanding Emotional Stress
- Stressors On Our Lives
- Anxiety and Depression
- Recognizing Anxiety Disorders
- Dealing with Post-traumatic Stress Disorder
- Managing Depression

Day Three

Understanding Human Development for Building a Healthy Self-esteem

- Understanding Healthy Human Development
- Applying the Erikson's Stages of Psychosocial Development
- Improving Self-esteem
- Understanding Our Inner Dialogue
- The Power of Thought
- Create What You Want

Day Four

Emotionally Excellent Relational Skills

- Creating Positive Relationships
- Growing Our Self-awareness
- Breaking Communication Barriers
- Applying Effective Communication Strategies
- Frames of Reference
- Creating Synergy in Teams

Day Five

Emotional Excellence for Work-Life Balance

- Eustress and How It Affects Us
- Building a Solid Foundation
- Mental Strategies
- Managing Distress at Work
- Holistic Management of Negative Stress
- Developing an Action Plan

Training Methodology:

- Slide presentations
- Interactive discussion
- Simulations and Gamification
- Online Video material

Cost Quotation in Kuwaiti Dinars

The total cost includes:

- Instructor(s) expenses
- Training materials
- Certification

Total Cost: 1500 KD per Participant
(One Thousand Five Hundred Kuwaiti Dinar)