

Course syllabus

CATEGORY

Management courses

TRAINING FORMAT

In Bratislava or online
with a lecturer

PRICE EXCL. VAT

380,00 €

PRICE INCL. VAT

467,40 €

including 23 % VAT

Leadership II - Emotional Intelligence of a Leader

Clear overview of course topics, training scope and key information.

The Leadership II - Emotional Intelligence of a Leader course is intended for leaders at various levels of management who want to improve their potential and, through self-development, increase the development of subordinates and entire work teams. The course is intended for managers who are aware that professional competencies are not all-powerful. Many times our success depends on how we can work with our own thoughts, feelings and the effect of our actions on the feelings and actions of our colleagues or subordinates. The training program offers recommendations to those who want to achieve their goals and maintain a stable position at the top of their abilities by improving their professional and human competencies.

COURSE CONTENT

01 Training Program - Leadership II - Emotional Intelligence of a Leader

02 Needs vs Values

Spiral dynamics model

03 Critical Thinking and Objectivity

Cognitive biases in our everyday life

04 Positive Experience of the Present

Freedom Perspective

05 Effective Communication of a Leader

Transactional analysis

06

Managing Emotions

one's own and others'

07

Causes of Satisfaction, Dissatisfaction, Misunderstanding

08

Defense Strategies

09

Leading People

Motivation - potential - performance from the EQ perspective

10

Potential - Talent - Perspective

Releasing one's own potential Releasing team potential

11

Leader Competencies and EQ

Self-awareness - Correct feedback: - I give, receive, require - Johari window
Diversified team Delegation Leader as a role model

12

Human as a Bio-psycho-social-spiritual Being (WHO)

Physical health Emotional health Spiritual health Mental health

13

Renewal of Life Energy - How to Get into Well-being

This document serves as an informational overview of the course syllabus. Current dates, venue and availability are listed at Macrosoft.sk.

<https://www.macrosoft.sk/en/courses/leadership-training-emotional-intelligence-of-a-leader>