



## Becoming An Emotionally Intelligence Self-Aware & Inclusive Leader

Duration  
1 to 2-hour

Audience  
Emerging Leader  
New Leader  
Middle Manager  
Senior Leader

### About This Course

This course focuses on developing Emotional Intelligence and inclusive leadership skills to improve personal effectiveness and teamwork. It helps participants understand and manage their own emotions, recognize and respond to others' emotions, and apply practical strategies to lead more inclusively in diverse environments.

### Topics Included

- Emotional Intelligence & Leadership
  - Self-Awareness
  - Social-Awareness
  - Self-Management
  - Relationship Management
- 6 steps towards intentional inclusive leadership

### Training Approach

- Instructor-led
- Individual/group exercise
- Self-reflection

## Skills Learned/ Outcomes

- Understand and apply the key domains of Emotional Intelligence in personal and professional settings
- Recognize personal emotions, understand their impact on performance, and manage them in a constructive way
- Sense and understand others' emotions and perspectives by actively listening and responding with empathy
- Practice a structured six-step approach to becoming a more inclusive and effective leader

## Course offerings:

We offer a wide range of training programs for leaders and teams to strengthen capabilities, enhance collaboration, and drive organizational success

### Communication

Prioritizing and Communicating Goals, Roles & Responsibilities  
Communicating Across Generations

### Team Performance

Motivating and Inspiring Team Contributions and Success  
Ensuring Team Accountability for Consistent Performance  
Leveraging Your Team's Diverse Talents and Strengths  
Inspiring, Motivating, and Guiding Team to Achieve Org. Goals  
Fostering Strong Collaboration and Managing Conflict for Productive Outcomes

### Productivity and Efficiency

Effectively Managing Workload

### Leadership Quality

Inspiring Mission-Driven Work in Direct Reports  
Learning & Applying Situational Leadership  
Empathy-Based Leadership  
Increasing Emotional Intelligence, Leadership Presence, and Personal Integrity  
Being Visionary & Strategic in Thinking and Execution  
Cultivate Talent through Accountability, Empowerment, and Effective Delegation, Coaching, Feedback  
Proactively Advancing Diversity, Equity, and Inclusion throughout the Organization  
Leading & Influencing Change, Improvements, and Innovation

### Recruiting and Onboarding

Assessing, Recruiting, and Retaining Team Talent