Increasing Self-Awareness & Empathy as a Leader

Duration
2-hour

Audience
Emerging Leader
New Leader

About This Course

This course focuses on building emotional intelligence through greater self-awareness, self-regulation, empathy, motivation, and social skills. Participants will learn techniques to manage emotions, listen with genuine curiosity, and apply frameworks like the Ladder of Inference to enhance understanding and communication.

Topics Included

- Emotional Intelligence & Leadership
- Self-Awareness & Regulation
- Empathy, Social Awareness & Skill
- The Ladder of Inference

Training Approach

- Instructor-led
- Group discussion
- Individual exercise
- Self-reflection

Skills Learned/ Outcomes

- Identify and apply the five components of emotional intelligence
- Practice techniques to enhance self-awareness and emotional regulation
- Demonstrate active listening with empathy and authentic curiosity
- Use the Ladder of Inference to better understand thought patterns and improve decision-making
- Strengthen interpersonal connections through emotionally intelligent communication

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