

## Leadership Emotional and Spiritual Intelligence

### Course overview

This course is aimed at learners who wish to improve their leadership qualities by overcoming emotional obstacles to success, improve relationships and deepen their awareness and control of positive and negative emotions, attitudes and behaviours. The course introduces emotional and spiritual intelligence skills that assist individuals in achieving internal equilibrium and success in all areas of life. The course will address a range of issues including useful approaches to overcoming stress, breaking down barriers to communication, and enhancing leadership effectiveness and team relationships. Training in self awareness and self-management will prepare learners to overcome inner barriers to growth and development and to achieve greater success both at work and in their training and development pursuits.

### Learning outcomes

Demonstrate knowledge and understanding of the principles and concepts of emotional intelligence in respect of life and work relations

Analyse the role of emotional intelligence in interpersonal and intrapersonal relationships in life and work situations

Analyse the impact of emotional intelligence on life and work interactions

Evaluate own level of emotional intelligence in order to determine development areas

### Duration

2 days contact time including group activities and plenary sessions

### Please Note

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