



Leading with Emotional Intelligence & Critical Thinking

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Leading with Emotional Intelligence & Critical Thinking

5 days training course

For detailed information on training course dates, please visit:

[Leading with Emotional Intelligence & Critical Thinking](#)



Course Overview

This course focuses on developing emotional intelligence (EQ) and critical thinking skills to enhance leadership effectiveness. Participants will learn to identify and manage emotions, both within themselves and others, and utilize these insights to foster better decision-making, communication, and team collaboration. Additionally, the course equips leaders with practical tools to manage stress, build emotionally intelligent teams, and lead with empathy and awareness, driving both personal and organizational growth.

Objectives:

- Understand the core components of emotional intelligence and its role in leadership.
- Enhance self-awareness and interpersonal communication skills.
- Develop emotional regulation techniques to manage stress and maintain resilience.
- Learn how to use critical thinking and emotional intelligence to make better decisions.
- Apply strategies to develop emotionally intelligent teams for improved collaboration and performance.

Who Should Attend:

- Senior executives, managers, and leaders looking to enhance their leadership effectiveness through emotional intelligence.
- Team leaders and project managers aiming to foster better team dynamics and performance.
- Professionals interested in personal development and cultivating emotional intelligence for career growth.

Course Outline:

Day 1: Understanding Emotional Intelligence (EQ) and Using EQ

- Introduction to Emotional Intelligence Quotient (EQ)
- Differentiating between emotional intelligence and traditional intelligence
- Intrapersonal and interpersonal skills in leadership
- Emotional Intelligence in the workplace: applications and impact
- Identifying your personality style and emotional triggers
- Managing emotional stress and building resilience
- Developing emotional awareness for innovative teamwork

Day 2: Developing Your Emotional Skills

- Stages of human emotional development
- Cognitive Behavioral Therapy (CBT) for emotional regulation
- Building emotional balance through the heart and mind
- Principles of life for emotional growth and leadership
- TENT Therapy for maintaining high EQ
- Strategies for overcoming emotional barriers to leadership
- Action planning for emotional growth

Day 3: Emotional Intelligence and Leadership Communication

- The role of EQ in effective leadership communication
- Active listening skills for enhanced emotional connections
- Non-verbal communication and its emotional impact
- Managing conflict with emotional intelligence
- Building rapport and trust within teams
- Leveraging emotional intelligence to lead with empathy

Day 4: Critical Thinking and Emotional Intelligence in Decision-Making

- The connection between emotional intelligence and critical thinking
- Techniques for making informed, emotion-regulated decisions
- Using EQ for problem-solving and managing complexity
- Cognitive biases and how to manage them in decision-making
- Improving judgment and reasoning with emotional awareness
- Emotional intelligence in high-pressure situations

Day 5: Building and Leading Emotionally Intelligent Teams

- The dynamics of emotionally intelligent teams
- Recognizing and leveraging diverse emotional strengths within teams
- Coaching and mentoring for emotional growth in teams
- Creating an emotionally intelligent team culture
- Motivating and inspiring teams through emotional awareness
- Leading through change with emotional resilience
- Final action plan for leading with emotional intelligence



DOCUMENTATION

The **MTC team** has meticulously prepared **high-quality training materials** for distribution to all delegates.

CERTIFICATES

An **accredited Certificate of Completion** will be awarded to participants who successfully attend and complete the program.

SCHEDULE

Course sessions are scheduled as follows:

- **Morning Session:** 09:00 AM – 1:00 PM
- **Afternoon Session:** 01:00 PM – 05:00 PM

REGISTRATION & PAYMENT

To register, please complete the **registration form** available on the course page and submit it with your **preferred payment method**. Alternatively, you can contact us via **email or WhatsApp** for assistance.

TRAVEL & TRANSPORT

We ensure a **seamless travel experience** by providing **airport-hotel-airport** transfers for all participants.