

Leading with Emotional Intelligence

CEGOS SWISS. ONE ESSENTIAL AT A TIME.



What's in it for you?

Effective leadership requires self-awareness, understanding diverse perspectives, and navigating interactions with empathy and non-judgment.

In today's dynamic and interconnected workplace, effective leadership goes beyond technical skills. Emotional intelligence (EI) stands as a cornerstone for successful leadership, impacting team cohesion, morale, and overall organizational performance.

Leaders who possess high emotional intelligence demonstrate the ability to navigate complex social dynamics, understand and manage their own emotions, and empathize with others.

Emotional intelligence plays a pivotal role in shaping the culture and climate of an organization. Leaders with a strong EI create environments where individuals feel valued, respected, and supported, fostering a sense of belonging and psychological safety. This, in turn, leads to higher levels of engagement, productivity, and innovation among team members.

With our learning journey, you prioritize the development of emotional intelligence in leadership, cultivating a culture of empathy, collaboration, and trust, and positioning your organization for long-term success in a competitive marketplace.

Who should attend?

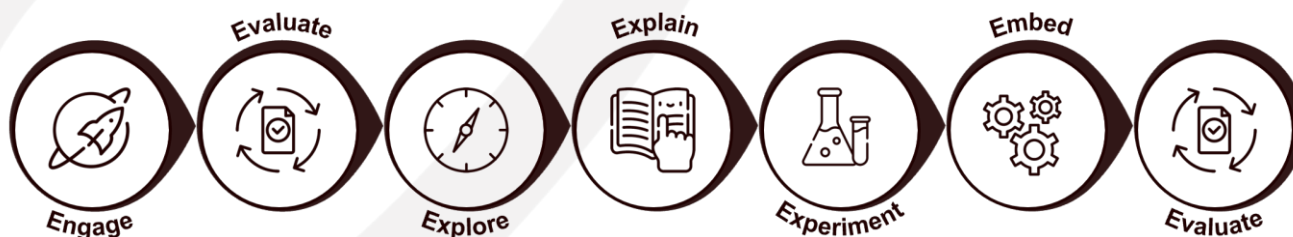
Leaders & People Managers.

Good to know:

Employees with empathetic leaders report an **increase in engagement (76%)** and **creativity (61%).**

Cegos Learning Framework

We apply our holistic and dynamic Learning Framework to build learning journeys that deliver more than just awareness of competencies and skills.



Every journey engages the learners beyond knowledge, learning step by step, to explore, experiment and embed their learning, transforming skills into performance.

Leading with Emotional Intelligence

CEGOS SWISS. ONE ESSENTIAL AT A TIME.



By completing this learning journey, they will:

- Increase their emotional intelligence and leadership effectiveness through practical strategies.
- Develop strong active listening skills to understand others' perspectives and create a safe environment for sharing.
- Cultivate empathy by connecting with employees on a personal level and demonstrating genuine care and recognition of their efforts.
- Unlock motivations by understanding what drives individual employees and leveraging this knowledge to enhance engagement and retention.
- Enhance self-awareness and understanding of others' perspectives, leading to more inclusive leadership and improved team dynamics.

#MAKINGADIFFERENCE

A proven model:

	SELF – INTRAPERSONAL	SOCIAL – INTERPERSONAL
UNDERSTAND & PERCEIVE →	Emotional Self-Awareness	Empathy & Organisational Awareness
MANAGE & COMMUNICATE →	Emotional Self-Control: 1. Adaptability 2. Positive outlook 3. Achievement Orientation	Relationship Management: 1. Influence 2. Conflict Management 3. Teamwork 4. Coach & Mentor 5. Inspirational Leadership

Digital learning:

- [Handling emotions within your team](#)
- [The emotional skills of the manager](#)

Delivery modes:



Blended learning accessible in our [LearningHub](#).



Can be delivered **in-person and/or virtually** as most appropriate to you and your learners.

Duration: 14h total learning



6 hours of instructor-led learning.



8 hours of self-directed and on-the-job learning.

REF: LEI

www.cegos.ch | info@cegos.ch

“Seek to understand others and oneself.”

#TIL