#### **MANAGERIAL COMPETENCIES - LEADERSHIP AND MANAGEMENT**

# Improve emotional intelligence with EIVIEW360<sup>4</sup> (1 of 2)



Emotional intelligence is the ability to identify, understand and effectively manage emotions and behaviors.

Research shows that emotional intelligence is an important element of effective leadership.

EI360° is a 360° questionnaire validated at international level based on the Goleman model that allow to facilitate a development plan focues on the key competencies that are part of the emotional intelligence.

### **Learning objectives**

Identify the areas and the components of the emotional intelligence model
Acquire awareness of your own strengths and development areas regarding
the competencies that are part of the model

■ Apply techniques and tool to improve emotional intelligence in a working context

# Improve emotional intelligence with ElView360 (2 of 2)



## **Structure of the program**

El360
questionnaire,
an online
internationally
validated selfassessment
tool.

The report will be discussed during an individual two hour session preparatory for the classroom training. Training

One very interactive classroom training day with exercises, role plays and action plans to motivate the application of the new competences acquired and to define tools to evaluate progress in an objective way.

Coaching

Four individual coaching sessions to guide and support each participant during the implementation of the action plan.

Follow-up

Group followup session to share results achieved to date and resolve eventual problems through the discussion with colleagues and the trainer.

### For more information



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