

Leading with Emotional Intelligence

Emotional Intelligence (EI) has become a vital part of how today's leaders meet significant business challenges. Leaders need to manage and lead an "empowered" workforce. These new demands on Leadership include providing:

- ✍ Vision and mentoring to the workforce
- ✍ Promoting inclusion and team spirit
- ✍ Partnering and Inspiring internal stakeholders

All this requires leaders to be "Emotionally Intelligent"

This 2 day programme equips Leaders with Emotional Intelligence competencies to enable them to meet today's challenges.

WHO SHOULD ATTEND

- ❑ Individuals who are in a position of leadership or those looking at taking leadership positions
- ❑ Individuals who want to be able to motivate, inspire, and understand their team members
- ❑ Individuals who want to be able to successfully control and manage their emotions
- ❑ Individuals looking to gain a better understanding of the deeper undercurrents of human behaviour

(David) McClelland found that when senior managers had a critical mass of emotional intelligence capabilities, their divisions outperformed yearly earnings goals by 20%. Division leaders without that critical mass underperformed by almost the same amount.

- Daniel Goleman, "What Makes a Leader?"
Harvard Business Review, Nov./Dec. 1998

"In a recent global study of 136 Mindful Leaders worldwide (by Metta McGarvey of the Harvard Graduate School of Education) Arun Wakhlu, was selected in the top 5, based on scores on Mindfulness and Emotional Intelligence".

For more details on the study, please see:

[Http://www.mindfulleadershipstudy.org/overview.htm](http://www.mindfulleadershipstudy.org/overview.htm)

www.pragatileadership.com

KEY BENEFITS

- ❑ Enhanced ability to lead their work force
- ❑ Enhanced self awareness
- ❑ Enhanced ability to quickly return to a balanced state of calm and ease
- ❑ Effective relating skills and team working

CONTENTS

- ❑ Linkages between Leadership & EI
- ❑ EQ capabilities of outstanding leaders
- ❑ Emotional Intelligence Self Assessment
- ❑ Identifying personal emotional triggers that affect performance
- ❑ Understanding how individuals react under stress
- ❑ Non Violent Communication (NVC)
- ❑ EI for enriching relationships between team members and colleagues
- ❑ Responding to the intense emotions that accompany transition and change
- ❑ Embracing new ways of thinking and acting to enhance your leadership effectiveness with EQ
- ❑ Action Planning

METHODOLOGIES

- ❑ Case Studies
- ❑ Role-plays
- ❑ EFT (Emotional Freedom Techniques)
- ❑ Questionnaires



PRAGATI

FACILITATORS



Arun Wakhlu, is the founding Chairman of the Leadership Education and consulting firm Pragati Leadership Institute Pvt. Ltd. He is an international trainer, coach and consultant in Leadership and Organisational Transformation.

Author of the award winning book, "Managing from the Heart", he has also published more than 30 papers and co-authored four other books. He is the pioneer of the new models of "Wholesome Development" and "Wholesome Leadership", both aimed at unfolding inner and outer freedom for prosperity with peace.

After graduating from the Indian Institute of Technology, Delhi in Electrical Engineering, he did a post-graduate diploma course in Business Administration from the Indian Institute of Management, Ahmedabad. He began his career with the Tata Administrative Service (TAS) and later worked for Tata Motors, Jamshedpur before starting Pragati in 1986.

Arun has designed and facilitated many ground-breaking leadership development programs for leading Indian and international organisations like Unilever, BP-Castrol, Philips, HDFC, Reliance Retail, Tata Group, Aditya Birla Group, ICICI Prudential and Ranbaxy to name a few. He has also presented papers at many international conferences and conducted leadership workshops in France, USA, Australia, Singapore, Dubai, South Africa and many other countries.



Sangeeta Bhagwat facilitates Inner Work and Transformation in groups and individuals, playing the role of Facilitator, Holistic Healer, Life Coach or Author as per the need of the moment.

She has been facilitating workshops to empower people to de-stress, overcome limiting beliefs, heal emotional and physical issues, improve relationships, actualize their fullest potential and improve communication and rapport within organizations since late 2004. The groups have ranged from 5 to about 500 in numbers.

COURSE INFORMATION

Investment:

INR Rs. 25,000 per person (Group discount of 10% for more than 3 nominations)

Euro € 900 per person

US \$ 1100 per person (Includes Tuition Fees, Reading Material)

*Govt. Service Tax will be charged extra as applicable.

Venue:

The Club

197 D N Nagar Andheri (W) , Mumbai - 53

Tel: +91-22-2670 7070 / 6693 9999

Map : <http://www.theclubmumbai.com/locations.html>

Dates of the Programme:

8th - 9th July 2010 (Thursday-Friday)

Last date for Nominations: 1st July 2010

Timings:

9.30 am - 6.00 pm

Contact Details:

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