

Manage effectively by emotional intelligence

Description

How to optimize the management of employees' feelings and their own feelings in an organizational framework?

Emotions are part of human functioning even in a professional context. Long hidden, often denied, research shows that it is impossible for us to ignore them and that they impact our performance and that of our team.

So how can we consider our emotions as resources and how can we adopt an effective approach to give them a place and a framework for expression?

This training allows Managers to better understand and manage emotions and their expression in a professional context. Through pragmatic and concrete approaches, methods and tools are mobilized in order to develop capacities to integrate and manage your emotions and those of your team.

From , In this training, we work on emotional management strategies from the awareness of emotion to management of delicate situations. The identification of employees' emotions, the manager role in the face of difficult emotions or the management of risky situations are also integrated into our training program.

Niveau

Fondamental

Course Content

- Identifying emotions in the workplace
- The functioning mechanisms of our emotions
- The impact of emotions on team dynamics and individual dynamics
- The manager's role in the emotional management of his team
- Managing emotions in difficult managerial situations
- Support for teams undergoing change

Lab / Exercises

- Self-assessment to assess emotional skills
- Practical methods and tools, immediately applicable and allowing managers and team members to develop capacities to manage emotions
- Sharing of good practices from companies (concrete cases)
- Practical exercises to apply the benefits of training
- Individual plan of action

Documentation

- Digital courseware included

Participant profiles

- Any Manager in need to develop his emotional skills

Prerequisites

- No prerequisites

Objectives

- Identify emotions and their functioning, in particular through the contribution of neuroscience
- Develop your emotional managerial skills
- Maintain or restore emotional balance in delicate managerial situations
- Take into account the impact of emotions on individual and collective performance in your team

Classroom Registration Price (CHF)

800

Virtual Classroom Registration Price (CHF)

800

Duration (in Days)

1

Reference

TEAM-EMO