

Emotion Intelligence & Leadership

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Workshop

LEAN4U

Emotional Intelligence

& Leadership

Workshop

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Who it is for

As leaders, we are only as strong as the teams we build, and sustaining an effective team is an ongoing effort. This workshop has been designed for any team leader willing to become more effective in their role of building stronger teams overtime.

What it is about

Many of us are put into leadership roles without having any training on how to actually lead. There can be an emotional cost to leadership that can impact our mental health as well as the mental health of those we lead, manage and support. Higher levels of emotional intelligence can help reduce our own stress while positively impacting the effectiveness of our teams.

The benefits of building emotional intelligence among team members in the workplace can be significant. This includes having greater capacity to adapt and cope with work and life stressors, making it easier to recover from challenges and setbacks.

Program Overview

- **Context**

Teams are critical components of all organizations and maximizing their performance can often make or break success. A leader and team's capacity for emotional intelligence is critical towards open communication, effective relationships, and commitment management.

- **Learning Objective – Learning by doing!**

This workshop will help you to:

- Understand what emotional intelligence is and why it is beneficial to build it among team members,
- Become more aware of how people's emotions impact their behaviour and how you might react to the emotions of others,
- Explore mindfulness from a practical perspective.

- **Content**

In this workshop, the following topics will be covered:

- ✓ Opening
- ✓ What this interactive workshop consists of
- ✓ Introductions of the presenters and the participants
- ✓ Ice Breaker
- ✓ Hands-on exercises and tools to (80% of the workshop)
- ✓ Take away & Conclusion
- ✓ Closure

- **Duration**

The duration of this workshop is around 2h – 2h30.

- **Number of participants**

Our goal is to facilitate a quality workshop in terms of active participation and where we can dedicate our full attention to each of the participants. This is the reason why we limit this workshop to 10 participants.

- **Language – Pick your choose!**

This workshop can be delivered in English, Spanish, French and Italian. Don't hesitate to ask for a [quote!](#)

What is unique about this program?

The tools, the focus and the active collaboration in an online environment.

- ✓ The science-based **tools** used in this workshop help facilitating the creation and communicating process.
- ✓ The **focus** of this workshop is the active participation of each participant through practical and hands-on exercises.
- ✓ The use of **innovative technology** helps bringing all participants together into a collaborative effort towards the same goal.
- ✓ This workshop can be delivered in English, Spanish, French and Italian

Finally, and for the participants only...

Upon our availability, we offer to each participant a one-to-one and free 30-minute follow up session.

We also offer a 30% preferred rate to any of our workshops [RESILIENCE](#). Just get in touch with us through our [contact form!](#)

Contact

For more information and to register, please contact info@lean4u.net or via our contact form [here](#)
Ask for a quote request [here](#) or book a free 30-min. consultation [here](#)

About Lean4U

Why Lean4U

"You are so complicated to do business with!" – How many times inside out have you heard this? This is a fact, the vast majority of companies - either small, medium or large, struggle with simplicity. In other terms, companies lack agility and flexibility required to give the customer a good reason to come back and enhance customer advocacy.

Lean4U was born with the intention of truly driving simplicity.

Who we are

The Lean4U leadership team is about multi-language people bringing 20+ years of experience in multinationals in area such as Customer Service, Sales Operations, Supply Chain, Logistics, Processes Excellence and Strategy overall.

We promote our consulting activity under the logo Lean4U and website www.Lean4U.net

What we believe in

"Small steps, big returns, ..." – It's not about making big changes, it's about taking actions driving results, every day.

... with the right talent" – A successful application of Lean starts by understanding that improving methods does not mean that people will automatically alter their attitude towards change. This requires developing the right talent on your team to accept changes positively.

What we are passionate about

Simplicity! And of workshop Lean Office, including a high dose of management skills – Leadership, Communication, Emotional Intelligence (EI) and Coaching & Mentoring being at the top of our list.

The combination of the two of them, Lean Office and Management skills, is the path to success.

What we are aiming to

Our reward is to know that we helped you make it happen in meeting your business objectives focusing on Lean Office and management skills, and creating a work environment satisfactory, enriching and rewarding.

What our targeted audience is

From a process perspective, any support functions- or "office-based functions" of any small, medium and large organization such as Customer Service, Human Resources, Accounting, Purchasing, or even Sales & Marketing.

Basically, anyone who understands why creating a great workplace matters and is willing to learn how!

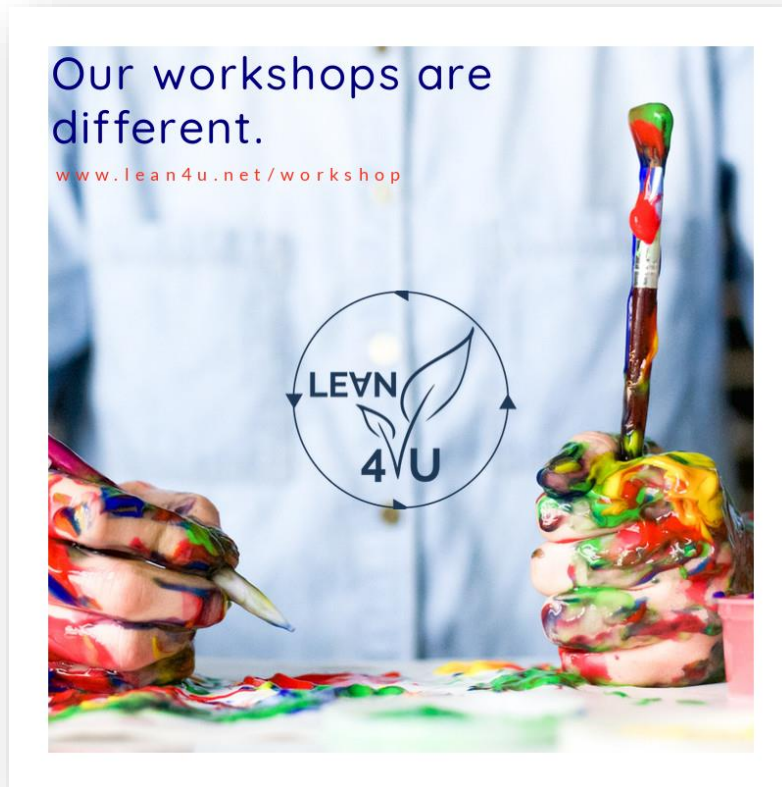
Join our community in LinkedIn!

Catalysing the skills of the future

We act as a catalyst to help you accelerate your professional skills and abilities to face the future of work.

You can find our group here: <https://www.linkedin.com/groups/13556309/>

This group aims at creating a community dedicated to professional soft skills through experience and material sharing with the goal of keeping up with business disruption.



See you soon!

