



# دورة التميز في القيادة من خلال إتقان جدارات الذكاء العاطفي



## دورة التميز في القيادة من خلال إتقان جدارات الذكاء العاطفي

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### Course Overview:

Primal Leadership is an engaging and transformative corporate training course that focuses on the power of emotional intelligence in effective leadership. This comprehensive program integrates the principles of emotional intelligence with leadership strategies, providing participants with the tools to become resonant leaders who inspire and motivate their teams. By exploring the concepts of resonant leadership and dissonant leadership, participants will gain a deeper understanding of how emotions impact leadership effectiveness. Through practical exercises and real-world examples, this course helps leaders develop emotional intelligence competencies and fosters a positive and engaging work environment. Additionally, Primal Leadership extends beyond the workplace, exploring the application of emotional intelligence in personal life, family, and community settings. By the end of the course, participants will emerge as emotionally intelligent leaders ready to create resonance in their organizations and make a positive impact on the world.

### Target Audience:

- Managers and supervisors seek to enhance their leadership skills through emotional intelligence.
- Leaders who want to foster a positive work environment and improve team performance.
- Professionals aspiring to develop resonant leadership qualities and drive organizational success.
- Individuals interested in the impact of emotional intelligence on leadership in various contexts.
- Those seeking to strengthen their relationships and make a positive impact beyond the workplace.

### Targeted Organizational Departments:

- Human Resources: Strengthening leadership training programs and promoting emotional intelligence in leadership development.
- Executive Teams: Enhancing the leadership and management capabilities within the organization.
- Team Leaders and Supervisors: Developing resonant leadership skills to inspire and motivate teams.
- Organizational Development: Cultivating emotional intelligence in leadership for long-term success and employee engagement.
- Learning and Development: Incorporating emotional intelligence competencies into leadership development initiatives.

## Targeted Industries:

- Technology: Applying emotional intelligence in leadership to foster innovation and adaptability.
- Healthcare: Developing resonant leadership to improve patient care and enhance the healthcare environment.
- Financial Services: Cultivating emotionally intelligent leadership to navigate complex financial landscapes and build trust with clients.
- Education: Fostering resonant leadership in educational settings to create a positive learning environment and support student success.
- Non-profit and Community Organizations: Utilizing emotional intelligence to drive social change and positively impact communities.

## Course Offerings:

- Understanding the power of emotional intelligence in effective leadership.
- Developing resonant leadership skills to inspire and motivate teams.
- Creating a positive and engaging work environment through emotional intelligence.
- Applying emotional intelligence in various leadership contexts.
- Building emotional intelligence competencies for personal and professional growth.
- Exploring the role of emotional intelligence in personal relationships and community leadership.

## Training Methodology:

Primal Leadership employs an interactive and experiential training approach to maximize participant engagement. The course utilizes a variety of training methodologies, including:

- Engaging presentations: Facilitating understanding of emotional intelligence and resonant leadership concepts.
- Group discussions: Encouraging participants to share insights and learn from diverse perspectives.
- Case studies: Analyzing real-world leadership scenarios to apply emotional intelligence principles.
- Role plays and simulations: Providing opportunities to practice and refine emotional intelligence skills.
- Self-reflection exercises: Fostering introspection to develop self-awareness and personal growth.
- Action planning: Guiding participants in applying their learnings to their leadership roles.



## Course Toolbox:

Participants of Primal Leadership will have access to a comprehensive set of resources and materials, including:

- Course workbooks: Providing in-depth content, practical exercises, and reflection prompts.
- Recommended readings: Curated resources on emotional intelligence, resonant leadership, and personal development.
- Online resources: Access to a dedicated online platform with additional learning materials and tools.
- Emotional intelligence assessments: Tools to assess and develop emotional intelligence competencies.
- Action planning templates: Guides for implementing emotional intelligence strategies in the workplace.
- Audiovisual materials: Engaging multimedia content to reinforce key concepts and enhance the learning experience.

## Course Agenda:

### Day 1: Self-Awareness and The Johari Window

- The Emotional Intelligence of Leaders Topic 2:
- Leadership That Gets Results Topic 3:
- Understanding Your Emotional Triggers and Responses Topic 4:
- Consolidating Day 1's Learnings and Assessing Progress Reflection & Review:

### Day 2: Resonant Leadership

- Creating Resonance Topic 1:
- Fostering Emotional Intelligence in Others Topic 2:
- Understanding Emotions Topic 3:
- Resonant Leadership in Action Topic 4:
- Identifying and Leveraging Personal Strengths and Weaknesses Topic 5:
- Reflecting on Day 2's Learnings and Reinforcing Key Concepts Reflection & Review:

### Day 3: Dissonant Leadership and the Role of Resonant Leadership

- When Leaders Drive Emotions Negatively Topic 1:
- The Destructive Power of Toxic Leaders Topic 2:
- Mindfulness: The Foundation of Emotional Intelligence Topic 3:
- Becoming Resonant Leaders Topic 4:
- The Resonant Organization Topic 5:
- Reviewing Day 3's Learnings and Emphasizing Key Takeaways Reflection & Review:

## Day 4: Developing Emotional Intelligence

- The Competencies of Emotional Intelligence Topic 1: •
- Developing Emotional Intelligence Topic 2: •
- Enhancing Self-Awareness through Reflective Practices Topic 3: •
- Managing Emotions for Effective Leadership Topic 4: •
- Reflecting on Day 4's Learnings and Integrating Core Concepts Reflection & Review: •

## Day 5: Leadership in Life

- Leading with Emotional Intelligence in the Family Topic 1: •
- Leading with Emotional Intelligence in the Community Topic 2: •
- Toward a New Vision of Leadership Topic 3: •
- Cultivating Lifelong Self-Awareness and Growth Topic 4: •
- Assessing Progress, Celebrating Achievements, and Closing Remarks Reflection & Review: •

## How This Course is Different from Other Emotional Intelligence Courses

The course stands out from other similar courses by offering a deeply integrated approach that not only focuses on emotional intelligence but also emphasizes the importance of self-awareness as a foundation for effective leadership. Unlike conventional leadership courses that often concentrate solely on developing technical skills or general emotional intelligence, this course delves into the personal journey of understanding oneself first, thereby enhancing the ability to lead others more effectively.

What sets this course apart is its unique blend of practical tools, reflective practices, and real-world applications, specifically designed to help leaders identify and manage their emotional triggers. Participants are guided through a series of exercises and case studies that foster a deeper understanding of their emotional responses, which in turn allows them to cultivate a more resonant leadership style.

Additionally, the course doesn't stop at professional development; it extends into personal life, helping leaders apply emotional intelligence in their families and communities. This holistic approach ensures that participants emerge not just as better leaders in the workplace, but as more emotionally intelligent individuals in all aspects of their lives, making this course truly transformative.



## فئات الدورات التدريبية



HR TRAINING &  
DEVELOPMENT

دورات إدارة و تطوير الموارد البشرية



دورات إدارة و تحليل البيانات ودورات علم  
البيانات



دورات إدارة الجودة وتطوير العمليات



الدورات التدريبية في مجال البيئة والاستدامة



دورات التسويق وإدارة علاقات العملاء وإدارة  
المبيعات



دورات التدريب القانوني والمشتريات  
والتعاقدات



دورات الاتصال الجماهيري و السياسات  
والعلاقات العامة



دورات النظم السيبراني ودورات تقنية  
المعلومات



دورات الصيانة ودورات المجالات الهندسية  
المتنوعة



دورات الصحة والسلامة والأمن المهني



دورات السكرتارية و إدارة المكاتب



دورات الحوكمة وإدارة المخاطر والامتثال



**AGILE LEADERS**  
Training Center

## فئات الدورات التدريبية



دورات معتمدة من قبل هيئات دولية



دورات في مجالات القيادة والإدارة



دورات المهارات الشخصية وتطوير الذات



دورات المحاسبة و التمويل و دورات الإدارة  
المالية



دورات مكتب إدارة المشاريع وإدارة المشاريع  
الرشيقية

## مدن التدريب



أمستردام - هولندا



أكرا - غانا



أثينا - اليونان



أبوظبي - الإمارات العربية المتحدة



الدوحة - قطر



الدار البيضاء - المغرب



الجبيل - المملكة العربية السعودية



استنبول - تركيا



المنامة - مملكة البحرين



الكويت - الكويت



القاهرة - مصر



الرياض - المملكة العربية السعودية



بانكوك - تايلند



بالي - جمهورية اندونيسيا



بأكو - أذربيجان



باريس - فرنسا

## مدن التدريب



بورنو - البرتغال



برلين - ألمانيا



برشلونة - إسبانيا



براغ - جمهورية التشيك



جنيف - سويسرا



جاكرتا - جمهورية إندونيسيا



تيليسي - جورجيا



بوكيت - تايلاند



زنجبار - تنزانيا



روما - إيطاليا



دبي - الإمارات العربية المتحدة



جوهانسبرغ - جنوب إفريقيا



شهر الشيخ - مصر



سيول - كوريا الجنوبية



سنغافورة - سنغافورة



سان دييغو - الولايات المتحدة الأمريكية

## مدن التدريب



طوكيو - اليابان



طشقند - أوزبكستان



طرابزون - تركيا



شيكاغو - الولايات المتحدة  
الأمريكية



فيينا - النمسا



فرانكفورت - ألمانيا



عن بعد - منصة زوم



عمان - المملكة الأردنية الهاشمية



لندن - المملكة المتحدة



لانكاوي - ماليزيا



كاب تاون - جنوب إفريقيا



كوالالمبور - ماليزيا



مونتره - سويسرا



مسقط - سلطنة عمان



مدريد - إسبانيا



ماربيا - إسبانيا

## مدن التدريب



نيس - فرنسا



نيروبي - كينيا



ميونخ - ألمانيا



ميلان - إيطاليا

# WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

## OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

## OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

## WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



**AGILE LEADERS**  
Training Center

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