



Objectives

Test why and how Emotional Intelligence (EI) interests managers and optimizes their effectiveness.

- Experience how emotional intelligence is at the heart of managerial decision-making.
- Identify the four pillars of emotional intelligence.
- Experience how these four pillars function.
- Identify factors likely to develop EI.
- Test and practice strategies for emotion regulation.



Educational approach

Theoretical contributions are paralleled with practical exercises.
Work in small groups.
Role-playing scenarios.



Trainer

Isabelle SIMONETTO
PhD in Neuroscience



Prerequisite

To be in a management position



Duration

7 hours



Fee

Contact us
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Format

Exclusively delivered in-company



Training evaluation

End-of-course evaluation form



Persons with disabilities

Training rooms are provided by the client and must be verified for accessibility

For any complaints

Contact us at:
contact@addheo.com



Program (For information purposes only)

I. Role of the emotions

Understand that emotions drive all our decision-making and that of our colleagues.

A. Ultimatum exercise

Highlight the fact that we make our decisions based on our values and the intentions we attribute to others.

B. The 6 Basic Emotions: their neurobiological function

Objective: Experience the predominant role of emotions in management activities

II. Emotional Intelligence in the Service of Safety Management

Objective: Demonstrate that Emotional Intelligence is an essential neurobiological skill for managers

A. Definition: The 4 Pillars

B. Exercise: Identify

C. Understand: the circuits of Emotional Intelligence

III. Emotional Intelligence in the Service of Safety Management

Objective: Know how to use Emotional Intelligence for safety management and team leadership.

A. Regulating one's own emotions and those of the collective: Exercises

B. Using Emotions

a. Daily Safety Management

b. My Managerial Posture and Its Impact

IV. Summary and Perspectives