



## 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  
+33 7 68 11 95 55



### 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](mailto: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.

#### 1. Ultimatum exercise

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

#### 2. 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

#### 1. Definition: The 4 Pillars

#### 2. Exercise: Identify

#### 3. 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.

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

#### 2. Using Emotions

a. Daily Safety Management

b. My Managerial Posture and Its Impact

### IV. Summary and Perspectives