

Leadership Competence

Social skills, emotional intelligence and leadership styles

Almost every job advertisement requires these three terms as prerequisites. But what is actually behind them? What criteria does “social competence” fulfil? What does “emotional intelligence” mean? And which management style is appropriate in which situation?

Goal:

You will gain insights into the art of emotional leadership for more appreciation, more creativity and, therefore, higher productivity. At the same time, you will learn a lot about your inner drivers, setting boundaries and resilience to strengthen yourself as a manager and remain healthy and resilient.

Target Group:

Directors, project and team leaders, professionals and managers, sales and marketing

Content:

- Social competence
- Emotional intelligence
- Motivational psychology
- Leadership styles
- Understanding of roles
- Interpretation and reframing
- Beliefs/drivers
- Self-reflection and case studies
- Resilience and happiness research

Methods: Lecture and presentation, practical examples, individual and group exercises, self-analysis

Duration: 2 days

Group size: max. 8 people