



Training Course	Emotional Intelligence Toolkit for Managers
Course Language	English
Course Duration	Total Number of hours: 12 hours Days: 4 days Time: 5 pm - 8 pm
Course Objective	Picture a manager who never loses his/her temper no matter what situation he/she is facing. Think of someone who you like to talk to, respect their opinion and admire their calm approach to life. This person has high levels of Emotional Intelligence (EI). This individual knows how to manage his/her emotions and regulate the emotions of others. People with high EI (whatever role they perform) can positively engage and involve others by successfully tuning into their behaviors, feelings and thinking. If you are a manager (leader), EI can be a very useful tool for getting the best out of your team, colleagues, students and friends. Through utilization of EI tools, you can not only become a better manager but you can also become a better human being.
Course Content	Course Key Topic Area Includes: <ul style="list-style-type: none">-Levels of Emotional Intelligence-Regulating emotions of others-Programming the brain-Understanding emotional disconnection-Emotional self-awareness-Emotionally intelligent communication-Creating emotionally balanced teams-Emotional commitment cycle-Conflict handling through emotions control-Positive utilization of body language
Learning Outcomes	At the end of the program the trainees will be able to: <ul style="list-style-type: none">- Utilize emotionality as an effective team building tool.- Improve decision-making by being more rational than emotional.- Foster motivation through positive mental energy.- Use communication for creating positive emotionality cycles.- Manage emotions of others for optimal performance.- Utilize body language for effective communication.- Reduce conflict through management of strong emotions.- Improve quality of life through realizing of your emotional strengths and weaknesses.



Target Audience	This is a general workshop which should be useful for anyone who wants to utilize or apply emotional intelligence purposefully. More specifically, this workshop will be very beneficial for senior and middle level managers who are leading a group of individuals within an organization.
Course Material /Technology used	No prior workshop preparation will be needed. All the material will be provided during the workshop. There may be some light reading. If that is the case then the relevant material will be given out during the first day of the workshop.
Instructor Details & Brief Instructor Bio	<p>Dr. Khurram Sharif Management & Marketing Department College of Business & Economics (AACSB Accredited) Qatar University</p> <p>Dr. Khurram Sharif is an Associate Professor of Marketing in the College of Business & Economics, Qatar University. He did his MBA from Lancaster University and his PhD (in Business to Business Relationships) from Kingston University, United Kingdom. He has taught, trained and consulted in the GCC, Far East and the Sub-Continent region. His experience ranges from Pharmaceutical Sales, Vocational Training and Higher Education. Dr. Sharif uses 'experiential' approach to training where he involves himself and the participants in the knowledge creation and learning process.</p>
Course Fees	<p>QAR 1400</p> <p>15% discount for online registration and payment.</p>