



Emotional Intelligence for Engineers

Developing the Skills and Competencies for Success in Work and Life

► Upcoming Sessions

16-20 Sep 2024	Online	\$3,950
09-13 Dec 2024	Online	\$3,950

► Training Details

Online Training Course Overview

In his famous book, *Emotional Intelligence: Why It Can Matter More Than IQ*, Psychologist Daniel Goleman brought the idea of EI to the masses. Goleman based his ideas on emerging work in neuroscience that shows that the brain's emotional centres are involved in everything we think and do and are enormously important in our daily life.

Emotional Intelligence (EI) is the ability to observe, distinguish, control and appraise our emotions. The aim is to use our awareness of EI to manage our behaviour and relationships. This five-day course will help you develop and enhance your EI and communication skills. It will focus on practical skills development that will significantly benefit the persona individually and in their work life.

This course will focus on how EI relates to the work of engineers. It will be run by recognised global expert and author in the area.

This Anderson online training course will feature:

- The essentials of Emotional Intelligence (EI)
- The Transition from Engineer to Leader
- Understanding your Emotions
- Giving feedback in the EI way
- Developing your EI as an Engineer

Online Training Course Objectives

By the end of this online training course, participants will be able to:

- Individually develop and identify their EI competencies
- Describe the core competencies of EI
- Understand how to motivate self and others
- Display improved competency in EI at multiple levels
- List skills needed to transition from an Engineer to a leadership role

Designed for

This Anderson online training course will suit a wide variety of participants, but it will particularly be suitable for:

- Engineers wish to develop their interpersonal skills
- Engineering Professionals moving into a leadership or senior role

- ▶ Anyone who needs to improve their competency in Emotional Intelligence
- ▶ Technical professionals transiting into a people management role
- ▶ Graduates in engineering who wish to improve their career prospects

Learning Methods

Participants in this training course will receive thorough training on the subjects covered by the course outline, with the facilitator utilising various proven adult learning teaching and facilitation techniques.

The online training course is very participatory and experiential. It involves a lot of skill practice in a group setting. Training methodology includes individual and group activities that will intersperse the sessions. Various practical sessions, relevant case studies and group interactions are programmed into this course. As this is coaching-based, participants will be given activities to complete and work on after the face-to-face training.

▶ Training Details

Day One: Understanding Emotional Intelligence (EI)

- ▶ An introduction to EI
- ▶ Why the Term EQ was abandoned
- ▶ An EI Framework and Competencies for Engineers
- ▶ Understanding your personality
- ▶ Understanding your blind spots

Day Two: The Transition from Engineer to Leader

- ▶ The role of the Engineer
- ▶ From technical expert to leader
- ▶ The difference between managing and leading
- ▶ Transformational and transactional leadership
- ▶ The unique needs of the engineer as a leader

Day Three: Developing your EI

- ▶ Improving your EI Competency as an Engineer
- ▶ Motivating yourself and others
- ▶ Ways to improve your EI
- ▶ Working on your EI as an Engineer
- ▶ Career development tool

Day Four: Applying your EI as an Engineer

- ▶ Giving feedback in the EI way
- ▶ Cross-cultural communication
- ▶ Using active listening
- ▶ Advanced questioning skills
- ▶ Being EI online (email/SM usage)

Day Five: Putting it all Together

- ▶ Understanding motivation
- ▶ Motivating yourself and other Engineers
- ▶ Team issues an EI
- ▶ Avoiding groupthink
- ▶ Personal action planning

▶ The Certificate

Anderson e-Certificate of Completion will be provided to delegates who attend and complete the online course

▶ INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

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