



# Primal Leadership: Mastering Emotional Intelligence for Effective Leadership

30 Dec 2024 - 03 Jan 2025  
Barcelona



**AGILE LEADERS**  
Training Center



# Primal Leadership: Mastering Emotional Intelligence for Effective Leadership

**Ref.:** 36035\_247914 **Date:** 30 Dec 2024 - 03 Jan 2025 **Location:** Barcelona **Fees:** 4800 Euro

## Primal Leadership Overview:

Primal Leadership is an engaging and transformative corporate training course that focuses on the power of emotional intelligence in effective leadership. This comprehensive program integrates the principles of emotional intelligence with leadership strategies, providing participants with the tools to become resonant leaders who inspire and motivate their teams. By exploring the concepts of resonant leadership and dissonant leadership, participants will gain a deeper understanding of how emotions impact leadership effectiveness. Through practical exercises and real-world examples, this course helps leaders develop emotional intelligence competencies and fosters a positive and engaging work environment. Additionally, Primal Leadership extends beyond the workplace, exploring the application of emotional intelligence in personal life, family, and community settings. By the end of the course, participants will emerge as emotionally intelligent leaders ready to create resonance in their organizations and make a positive impact on the world.

## Target Audience:

- Managers and supervisors seeking to enhance their leadership skills through emotional intelligence.
- Leaders who want to foster a positive work environment and improve team performance.
- Professionals aspiring to develop resonant leadership qualities and drive organizational success.
- Individuals interested in the impact of emotional intelligence on leadership in various contexts.
- Those seeking to strengthen their personal relationships and make a positive impact beyond the workplace.

## Targeted Organizational Departments:

- Human Resources: Strengthening leadership training programs and promoting emotional intelligence in leadership development.
- Executive Teams: Enhancing the leadership and management capabilities within the organization.
- Team Leaders and Supervisors: Developing resonant leadership skills to inspire and motivate teams.
- Organizational Development: Cultivating emotional intelligence in leadership for long-term success and employee engagement.
- Learning and Development: Incorporating emotional intelligence competencies into leadership development initiatives.

## Targeted Industries:

- Technology: Applying emotional intelligence in leadership to foster innovation and adaptability.
- Healthcare: Developing resonant leadership to improve patient care and enhance the healthcare environment.
- Financial Services: Cultivating emotionally intelligent leadership to navigate complex financial landscapes and build trust with clients.
- Education: Fostering resonant leadership in educational settings to create a positive learning environment and support student success.
- Non-profit and Community Organizations: Utilizing emotional intelligence to drive social change and positively impact communities.

## Course Offerings:

- Understanding the power of emotional intelligence in effective leadership.
- Developing resonant leadership skills to inspire and motivate teams.
- Creating a positive and engaging work environment through emotional intelligence.
- Applying emotional intelligence in various leadership contexts.
- Building emotional intelligence competencies for personal and professional growth.
- Exploring the role of emotional intelligence in personal relationships and community leadership.

## Training Methodology:

Primal Leadership employs an interactive and experiential training approach to maximize participant engagement. The course utilizes a variety of training methodologies, including:

- Engaging presentations: Facilitating understanding of emotional intelligence and resonant leadership concepts.
- Group discussions: Encouraging participants to share insights and learn from diverse perspectives.
- Case studies: Analyzing real-world leadership scenarios to apply emotional intelligence principles.
- Role plays and simulations: Providing opportunities to practice and refine emotional intelligence skills.
- Self-reflection exercises: Fostering introspection to develop self-awareness and personal growth.
- Action planning: Guiding participants in applying their learnings to their leadership roles.

## Course Toolbox:

Participants of Primal Leadership will have access to a comprehensive set of resources and materials, including:



- Course workbooks: Providing in-depth content, practical exercises, and reflection prompts.
- Recommended readings: Curated resources on emotional intelligence, resonant leadership, and personal development.
- Online resources: Access to a dedicated online platform with additional learning materials and tools.
- Emotional intelligence assessments: Tools to assess and develop emotional intelligence competencies.
- Action planning templates: Guides for implementing emotional intelligence strategies in the workplace.
- Audiovisual materials: Engaging multimedia content to reinforce key concepts and enhance the learning experience.

## **Course Agenda:**

### **Day 1: The Power of Emotional Intelligence**

- Topic 1: Great Leaders Move Us
- Topic 2: The Emotional Intelligence of Leaders
- Topic 3: Leadership That Gets Results
- Reflection & Review: Consolidating Day 1's Learnings and Assessing Progress

### **Day 2: Resonant Leadership**

- Topic 4: Creating Resonance
- Topic 5: Fostering Emotional Intelligence in Others
- Topic 6: Understanding Emotions
- Topic 7: Resonant Leadership in Action
- Reflection & Review: Reflecting on Day 2's Learnings and Reinforcing Key Concepts

### **Day 3: Dissonant Leadership and the Role of Resonant Leadership**

- Topic 8: When Leaders Drive Emotions Negatively
- Topic 9: The Destructive Power of Toxic Leaders
- Topic 10: Mindfulness: The Foundation of Emotional Intelligence
- Topic 11: Becoming Resonant Leaders
- Topic 12: The Resonant Organization
- Reflection & Review: Reviewing Day 3's Learnings and Emphasizing Key Takeaways

### **Day 4: Developing Emotional Intelligence**

- Topic 13: The Competencies of Emotional Intelligence
- Topic 14: Developing Emotional Intelligence



- Reflection & Review: Reflecting on Day 4's Learnings and Integrating Core Concepts

## **Day 5: Leadership in Life**

- Topic 15: Leading with Emotional Intelligence in the Family
- Topic 16: Leading with Emotional Intelligence in the Community
- Topic 17: Toward a New Vision of Leadership
- Reflection & Review: Assessing Progress, Celebrating Achievements, and Closing Remarks

## **How This Course is Different from Other Leadership Courses:**

Primal Leadership stands out from other leadership courses by its unique focus on the power of emotional intelligence and resonant leadership. Unlike traditional leadership programs that solely emphasize technical skills, Primal Leadership explores the profound impact of emotional intelligence in driving leadership effectiveness and creating resonance within organizations. The course provides practical strategies, tools, and resources to develop emotional intelligence competencies, enabling participants to cultivate a positive work environment and inspire their teams. Additionally, Primal Leadership goes beyond the workplace, integrating emotional intelligence into personal life, family dynamics, and community leadership. This holistic approach sets Primal Leadership apart, empowering participants to become emotionally intelligent leaders who make a positive impact in every aspect of their lives.

# WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

## OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

## OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

## WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



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## Gamified and Interactive Training

We understand that training delivery can be challenging, both online and offline. To ensure engagement and achieve learning objectives, we have developed our own activities and collaborated with industry-leading solutions to gamify our training sessions. This approach increases interaction levels and guarantees effective learning outcomes.



## Our Training Categories

We cover a wide range of training categories to cater to different needs and interests

- Branding, Marketing, Customer Relations, & Sales Programs
- Finance and Accounting Programs
- Human Resources Management Programs
- Management & Leadership Programs
- Political & Public Relations Programs
- Project Management Programs
- Quality & Process Management
- Self-Development Programs

Join Agile Leaders today and embark on a transformative journey towards becoming a more agile and effective leader. Experience our customer-centric approach, actionable training, and guaranteed return on investment. Let us help you unleash your full potential in the dynamic business landscape.



## Where to Find Us

You can join our training programs at our centers located in

We also offer online training sessions through the Zoom platform.



- Malaysia**  
Kuala Lumpur
- Morocco**  
Casablanca
- Spain**  
Barcelona
- France**  
Paris
- UK**  
London
- Italy**  
Rome
- Egypt**  
Cairo  
Sharm El-Sheikh
- Turkey**  
Istanbul
- Georgia**  
Tbilisi
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