

# An Introduction to Emotional Intelligence for Project Managers

**Length:** 2 Days  
**PDU:** 14

## Learning Objectives:

- Apply a framework for emotional intelligence to project management
- Use emotions as a source of information and strength
- Anticipate and avoid emotional breakdowns
- Listen with empathy
- Leverage emotions to build stakeholder relationships

## Who Should Attend:

- Project managers, emerging Project Leaders, and other managers

## Workshop Size:

- Workshops are limited to 16 participants to increase individual attention, interaction and participation.

**An Introduction to Emotional Intelligence for Project Managers** is a highly interactive workshop designed to provide an overview of emotional intelligence and how it applies to the project management environment.

Research shows that emotional intelligence is just as important to project managers as IQ or knowledge of the *PMBOK® Guide*. Emotional intelligence is the ability to understand and manage our own emotions and those of others. Project Leaders can benefit by putting emotional intelligence to work for them in the project environment.

The course starts with a personal emotional intelligence assessment that shows areas of strengths and weaknesses for each participant. Participants will learn about an emotional intelligence framework for project managers and use that to develop an action plan to grow in their strengths and augment their weaknesses.

Participants will see how emotional intelligence affects their relationships with the project team and the success of the project. Working within small teams, participants will use exercises to practice techniques that demonstrate or develop emotional intelligence. Each participant will benefit from the interaction with and feedback from the other participants in the workshop.

Each attendee will receive a copy of *Emotional Intelligence for Project Managers; the People Skills You Need to Succeed*.

## Course Topics

### 1: Introduction to Emotional Intelligence for PMs

- What is emotional intelligence?
- An emotional intelligence framework for project managers
- Your personal emotional intelligence assessment

### 2: Self-Awareness

- Emotions provide information
- How to feel your feelings
- Assessing your strengths and weaknesses
- Developing self-confidence
- Techniques to Improve self-awareness

### 3: Self-Management

- Emotional self-control
- Common emotional breakdowns in the project environment
- Understanding the causes of emotional breakdowns
- Techniques to improve self-management

### 4: Social Awareness

- Empathy and empathetic listening
- Seeing others clearly
- Techniques to improve social awareness

### 5: Relationship Management

- Managing stakeholder relationships
- Understanding relationship breakdowns & improving relationship management

For more information or to register, go to: [www.ProjectAdvisorsGroup.com](http://www.ProjectAdvisorsGroup.com) or call 847-446-6597.



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