



**Mahindra™**  
University  
Global Thinkers. Engaged Leaders.

CENTRE FOR  
EXECUTIVE EDUCATION

# Leading with Emotional Intelligence



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# Overview

The "Leading with Emotional Intelligence" programme delves into the crucial aspect of success in today's world – the ability to garner support, agreement, and engagement from those working alongside you.

Emphasizing the significance of persuasive and influential skills, the program focuses on how leaders equipped with emotional self-awareness and self-control can foster support and engagement within their teams and communities. Recognized as more empathetic, positive, and adaptable, emotionally intelligent leaders possess the desirable skill of influence, utilizing it effectively to accomplish tasks effortlessly.

Through this programme, participants gain a comprehensive understanding of Emotional Intelligence, along with key frameworks and tools to develop this essential skill. Facilitated by a highly experienced instructor, a Master Certified Coach and Master Neuro Linguistic Programmer, the programme draws on a wealth of global experiences working with multinational corporations and individuals. It aims to empower participants to cultivate effective relationships, inspire people, inspire action, enhance team productivity, and ultimately become adaptive leader.

## Learning Outcomes

- Develop self-awareness, self-control, and the ability to recognize how personal feelings impact performance.
- Reflective learning from experience: Open to candid feedback, new perspectives, continuous learning, and self-development
- Present oneself with self-assurance, cultivating a strong 'presence,' while concurrently developing social awareness and enhancing social skills
- Display attentiveness to emotional cues, exhibit active listening skills, and demonstrate sensitivity by understanding others' perspectives.

## For Whom

The "Leading with Emotional Intelligence" programme is designed for a diverse spectrum of individuals spanning various professional fields and leadership roles. It holds particular relevance for managers, executives, and team leaders aspiring to establish a positive and collaborative work environment. This programme resonates with individuals who grasp the importance of nurturing robust interpersonal relationships, mastering effective communication, and cultivating self-awareness in leadership..

### Programme Details

**Programme Dates:** 26-27 September, 2024

**Programme Duration:** 2 Days, In-Campus

**Programme Fee:** Rs. 25,000/- + GST Per Participant

# Key Topics covered in the Programme

- EI Framework
- How to develop Impressive Social Confidence & Self Esteem
- Build and apply social and emotional skills and strategies
- Provide resources and ideas that are relevant during the time of heightened stress and uncertainty
- Identify and manage their emotions

## Session Wise Topics Covered

### **Session 1: Introduction to Emotional Intelligence**

- What is Emotional Intelligence
- The need for Emotional Intelligence

### **Session 2: Building Emotional Intelligence**

- Becoming Self Aware
- Understanding which emotions individuals are experiencing and why

### **Session 3: Self-control: Managing disruptive emotions and impulses**

- Managing their impulsive feelings and distressing emotions well
- Staying composed, positive, and unflappable even in trying moments

### **Session 4: Emotional Bank Account**

- Gratitude

## **Session 5: EI assessment**

- ▶ Understanding Emotions and the scale of emotions
- ▶ What needs to be done and what we do

## **Session 6: Self-Management**

- ▶ The process for Self- Management
- ▶ Continual personal and professional growth

## **Session 7: Relationship Management**

- ▶ Relationship Management with peers, reporting managers, and Subordinates
- ▶ Social Skills

## **Session 8: Balancing the Yin and Yang**

- ▶ Accepting duality and dancing with it

# **Learning Methodology:**

The "Leading with Emotional Intelligence" programme employs a comprehensive methodology to enhance participants' emotional intelligence. Plenary sessions, conducted in a collaborative and engaging environment, serve as the foundational learning platform, covering essential concepts and strategies. The programme incorporates individual Emotional Intelligence assessments, allowing participants to gain insights into their own emotional competencies. To reinforce learning, participants engage in group project presentations, applying emotional intelligence principles to real-world scenarios. This hands-on approach fosters practical application and skill development.

# Faculty

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**Prof. Shivdasini Singh Amin**

Dr. Shivdasini Singh Amin has over 24 years of experience in leadership development of executives and teams. She has over 18 years of experience and an educator in the area of management and currently is on the global team of instructors at Coaching and Leadership International Inc. She trains and mentors' coaches for CLI Inc. She is on the advisory board of some small and medium enterprises and consults with firms in the area of management and coaching.

Prof Amin is currently an Associate Professor at the School of Law, Mahindra University. She was an Empaneled Consultant & Coach, with firms like Lee Hecht Harrison and Dr. Reddy's Labs. She was also previously, Vice Chairman, Indian Society of Training and Development, Allahabad.

Dr Amin is a Life and Leadership Coach. She is a Master Certified Coach & Leadership Facilitator. She works with senior and middle level executives, senior and young entrepreneurs. She conducts Management Development Programs in the area of Emotional Intelligence, Organizational Development, Organizational Culture and its development, Conflict management, Power & Politics etc. She drives teams to collaborate towards enhanced performance with individual and group coaching assignments. She coaches industry leaders on Managerial Congruency, Mindset Matters, Emotional Intelligence, Trust and Power, Culture. She has coached mid and senior leaders, across different geographies and industries

She is also a Global Instructor and Mentor for all coaches training under Coaching Leadership International Inc., and has her Professional Certified Power Coach certification from CLI Inc. She also has DISC certification and is a Master Neuro Linguistic Programmer. She has her DIAMOND certification from Blair Singer Training Academy.

Dr. Shivdasini S Amin has a PhD from Jodhpur National University and an MBA from GITAM, Visakhapatnam and Bachelors in Economics from Mumbai University.



## About Centre for Executive Education

The Centre for Executive Education (CEE) at Mahindra University, creates and conducts learning programmes for working professionals, which are designed to provide timely and relevant knowledge, insights and perspectives, that help them progress in their current and future roles in organizations. By enhancing performance of executives, these programmes are aimed to positively impact the organisations that they work for.

Executive Education Programmes at Mahindra University span across multiple business disciplines, engineering & data science, and law, for different seniority levels, in various national and international geographical locations.

CEE's mission is to be a hub for engaging & beneficial interactions between business leaders and the academia. The centre works with some of the finest faculty in India and from leading Global Business Schools. Participants will have opportunities to learn from the innovative research and consulting experience of the faculty, wide experience of the peer group of learners, and from Industry practitioners who bring in strong domain knowledge.

## About Mahindra University

Mahindra University, established in May 2020, is a multi-disciplinary global education and knowledge campus which offers industry-aligned curricula, a student-centered learning environment, and opportunities for international exposure. The University offers Undergraduate and Post Graduate programs in its five Schools namely Ecole Centrale School of Engineering, School of Management, School of Law, Indira Mahindra School of Education, School of Media and Liberal Arts. The University has been established in a sprawling, green, 130 acres at Bahadurpally in Hyderabad. The University provides students with a modern lifestyle and a unique multi-cultural immersion in a predominantly green campus. The Lecture Theaters, Seminar Halls and Syndicate Rooms deploy state-of-the-art technology, to impart a multi-media, interactive learning experience to participants. Executive Housing facilities on campus come with contemporary design, spacious & comfortable air-conditioned rooms.



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