

Course Name

High Performance People Skills for Leaders

Sector Name

Management And Leadership

Document Type

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High Performance People Skills for Leaders

Course Introduction

This intensive **five-day** course is designed to equip leaders with essential people skills that enhance team performance, drive engagement, and foster a positive workplace culture.

Participants will explore advanced communication techniques, emotional intelligence, conflict resolution strategies, and coaching methodologies to effectively lead their teams toward high performance. Through interactive activities, role-playing, and real-world scenarios, leaders will develop the tools necessary to inspire, motivate, and cultivate talent within their organizations.

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Target Audience

- ✓ Current leaders and managers
- ✓ Emerging leaders and supervisors
- ✓ HR professionals involved in leadership development
- ✓ Team leaders looking to enhance their people skills

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Learning Objectives

- ✓ Demonstrate advanced communication skills that foster collaboration and trust within teams.
- ✓ Utilize emotional intelligence to enhance interpersonal relationships and decision-making.
- ✓ Implement effective conflict resolution strategies to address and manage disputes.
- ✓ Apply coaching and mentoring techniques to support team members' growth and development.
- ✓ Develop strategies to inspire and motivate teams, driving high performance and engagement.

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Course Outline

✓ 01 Day One

Introduction to High-Performance People Skills

- ✓ Welcome and Introduction
- ✓ Course Overview and Objectives
- ✓ Importance of People Skills for Leaders
- ✓ **Activity:** Self-Assessment of Current People Skills

Key Communication Skills for Leaders

- ✓ Verbal and Non-Verbal Communication
- ✓ Active Listening Techniques

Workshop: Effective Communication Exercises

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Course Outline

✓ 02 Day Two

Emotional Intelligence in Leadership

- ✓ Understanding Emotional Intelligence (EI)
- ✓ Components of EI: Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills
- ✓ The Role of EI in Leadership Success

Developing Emotional Intelligence

- ✓ Self-Assessment and Reflection on EI
- ✓ Strategies for Improving EI

Activity: Role-Playing Scenarios to Practice EI

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Course Outline

✓ **03 Day Three**

Conflict Resolution and Negotiation Skills

- ✓ Understanding Conflict: Types and Causes

Conflict Resolution Styles

- ✓ Collaborative vs. Competing Approaches

Strategies for Effective Conflict Resolution

- ✓ Active Listening and Empathy in Conflict
- ✓ Negotiation Techniques for Leaders

Workshop: Conflict Resolution Role-Plays

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Course Outline

✓ **04 Day Four**

Coaching and Mentoring for Performance Enhancement

- ✓ The Importance of Coaching and Mentoring in Leadership

Coaching Models and Techniques

- ✓ GROW Model (Goal, Reality, Options, Will)

Creating a Coaching Culture within Teams

- ✓ Providing Constructive Feedback

Activity: Practicing Coaching Conversations

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Course Outline

✓ **05 Day Five**

Motivating Teams and Driving High Performance

- ✓ Understanding Motivation: Theories and Applications

Intrinsic vs. Extrinsic Motivation

- ✓ Techniques for Inspiring and Motivating Teams

Building a High-Performance Culture

- ✓ Setting Clear Expectations and Goals
- ✓ Recognizing and Rewarding Performance

Group Activity: Action Planning for Implementation in the Workplace

- ✓ Course Wrap-Up and Feedback

High Performance People Skills for Leaders

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Jan. 4, 2027	Jan. 8, 2027	5 days	4250.00 \$	UAE , Abu Dhabi
March 15, 2027	March 19, 2027	5 days	5950.00 \$	USA , Los Angeles
June 14, 2027	June 18, 2027	5 days	4250.00 \$	UAE , Dubai
Aug. 9, 2027	Aug. 13, 2027	5 days	4250.00 \$	UAE , Dubai

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