



Lead with Clarity - Influence with Empathy - Perform with Purpose

The 6 Essential Traits of Emotionally Intelligent Leaders

"We don't see things as they are, we see them as we feel."





WHY EMOTIONAL INTELLIGENCE MATTERS FOR LEADERS

Emotions drive nearly every decision we make. They shape how we communicate, collaborate, and lead, often before logic takes over.

*“90% OF TOP-PERFORMING LEADERS SCORE
HIGH IN EMOTIONAL INTELLIGENCE.”
– HARVARD BUSINESS REVIEW*

THE EXPERIENCE

In a high-pressure workplaces, leaders are expected to navigate change, emotional fatigue, difficult conversations, and increasing people complexity; often without formal preparation.

1. Emotional Clarity Under Pressure:

Cut through noise and uncertainty by understanding your emotional triggers and maintaining clarity in fast-moving, high-stakes environments.

3. Build Trust That Scales Across Teams

Strengthen psychological safety, navigate diverse personalities, and create deeper collaboration across hybrid and cross-cultural environments.



2. Regulate, Recover & Stay Resilient

Manage stress, re-centre quickly, and make grounded decisions; even when facing disruption, conflict, or rapid change.

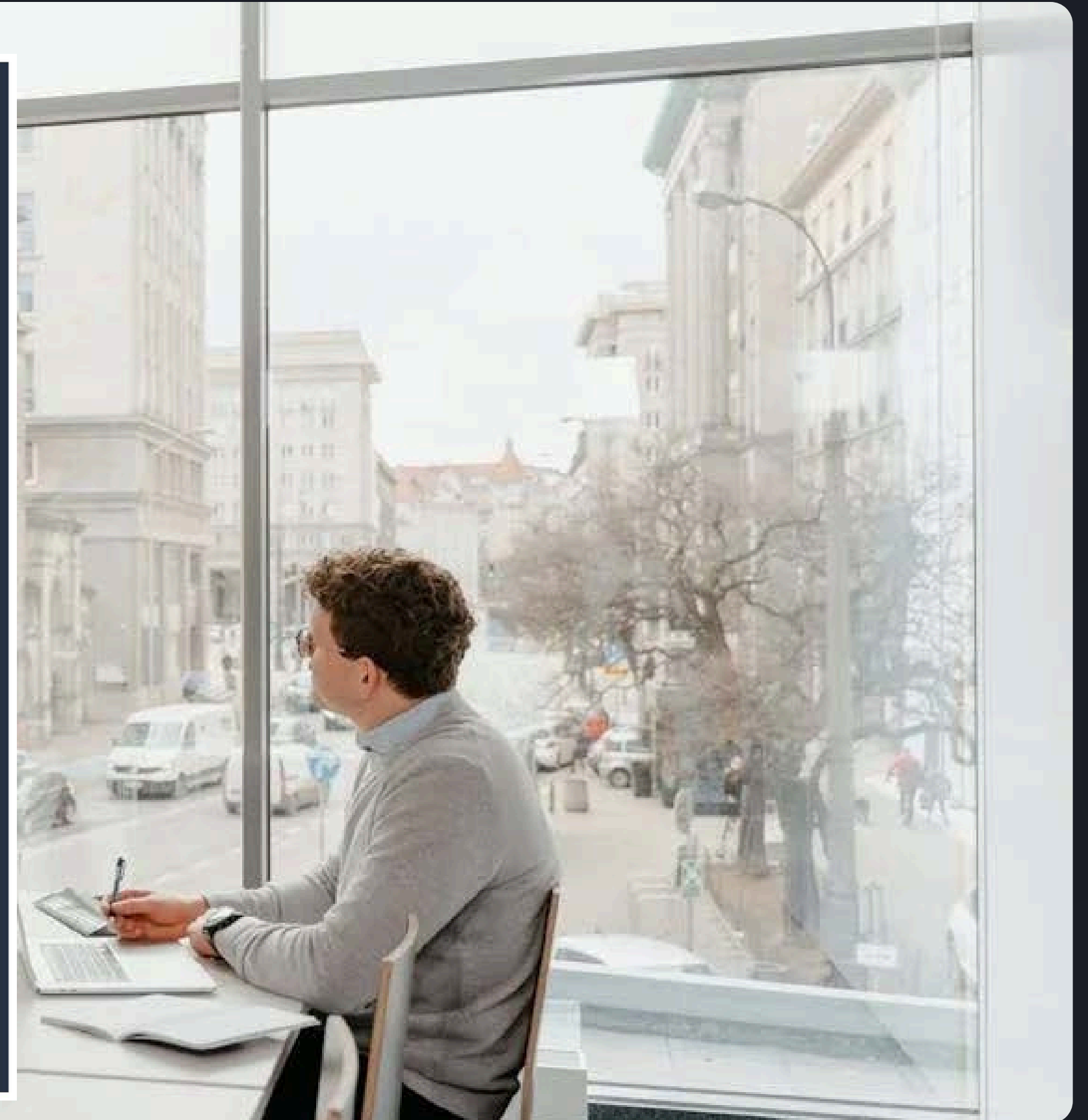
4. Lead With Influence, Not Force

Inspire action through empathy, presence, and purposeful communication; shaping teams that follow because they trust you, not because they have to.

WHO SHOULD ATTEND

Designed for leaders who manage people, pressure and performance, including:

- Managers and team leaders
- Senior professionals stepping into higher leadership
- HR, People and Culture professionals
- Education and public sector leaders
- Healthcare and community leaders
- Business owners managing teams
- Leaders navigating conflict, change, fatigue or disengagement



FACILITATOR



Dr. Afaf Ibrahim

*Certified Emotional Intelligence Practitioner
Leadership Coach | CEO – Erudite Training Solutions
Author of Al-Masdar: The Bridge to Excellence*

Dr. Afaf Ibrahim is a Certified Emotional Intelligence (EI) Practitioner, Neuro-Linguistic Programming (NLP) Coach, and Leadership Coach helping leaders think clearly, connect deeply, and lead with purpose.

Recognized by several international publications including CIO Views Magazine as one of the Top 10 Most Influential People in the Coaching and Training Industry (2023) and by World Leaders Magazine as one of the World's Inspiring Women Making a Mark in 2024.

Dr. Afaf combines emotional intelligence, strategic insight, and human connection to inspire meaningful leadership transformation.

Dr. Afaf has guided leaders and teams to lead with resilience, strengthen decision-making under pressure, and cultivate trust-based, high performance workplaces. She is particularly passionate about the role of emotional intelligence in driving engagement, wellbeing, and organizational growth.

WHAT LEADERS SAY



I had the pleasure of attending one of Afaf's coaching sessions on emotional intelligence for leaders, and I was very impressed with her teachings and great techniques to help leaders in the workplace. I have utilized this new approach in dealing with my team members and it has been very effective. I highly recommend Afaf's coaching and would attend more courses with her.

Alyssa Alboudi
Victoria - State Government



Highly recommend Erudite T.S. for gaining comprehensive insights into today's most relevant topics. From sustainability to emotional intelligence and everything in between, they gather representatives from industry leading organisations to share their perspectives on current challenges and identified solutions. A great place to build and foster relationships within your professional network.

Marcus Curcija
Sustainability, Social Performance, & Stakeholder Management



I recently undertook a 2 day course in Emotional Intelligence for leadership. The whole content was delivered in an engaging, professional way. It enabled plenty of participation by all of the group and we had some great conversations through this. A very practical workshop where we all left with some tools to take into practice with us in our roles. I would highly recommend this.

Paula Wriedt
Tasmanian Council of Social Service



Very interactive and valuable inputs.
Thanks and deeply appreciated!

Abhijeet Gupta



**THE 6 ESSENTIAL TRAITS OF
EMOTIONALLY INTELLIGENT LEADERS**
for leaders and decision-makers navigating
complex workplace environments.

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