Emotional Intelligence and Resilience for HR Practitioners

Human Resource (HR) Management

Course Overview

Emotional Intelligence and Resilience for HR Practitioners: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa...

What You Will Achieve

- Explain the core principles and current good practice in Emotional Intelligence and Resilience for HR Practitioners
- Apply practical tools and techniques for Emotional Intelligence and Resilience for HR Practitioners in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Emotional Intelligence and Resilience for HR Practitioners in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

Directors, senior managers, heads of department, team leaders and high-potential professionals preparing for greater leadership responsibility.

Course Outline

1. Foundations of Emotional Intelligence and Resilience for HR Practitioners: principles, terminology and context
2. The business case: why Emotional Intelligence and Resilience for HR Practitioners matters to performance
3. Core tools, frameworks and methods
4. Applying the tools: guided case study and exercises
5. Common pitfalls and how experienced practitioners avoid them
6. Working with stakeholders: communication and influence
7. Measuring results and continuous improvement
8. Personal action planning and course review

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
14 to 18 Sep 2026	Pretoria	**$1,550**
28 Sep to 2 Oct 2026	Harare	**$1,395**
5 to 9 Oct 2026	Cairo	**$1,550**

19 to 23 Oct 2026	Windhoek	**$1,395**
2 to 6 Nov 2026	Dar es Salaam	**$1,650**
16 to 20 Nov 2026	Gaborone	**$1,450**
23 to 27 Nov 2026	Kigali	**$1,650**
7 to 11 Dec 2026	Cape Town	**$1,650**

LTC Consultants
Suite 601, Block 2, Monument Office Park, 79 Steenbok Ave, Monument Park, Pretoria, 0181, South Africa
+27 68 403 2806 | info@ltcconsultants.net | ltcconsultant.co.za
Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.