

# Mastering Emotional Agility at Work

Management and Leadership

## Course Overview

Mastering Emotional Agility at Work: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa and live online.

## What You Will Achieve

- Explain the core principles and current good practice in Emotional Agility at Work
- Apply practical tools and techniques for Emotional Agility at Work in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Emotional Agility at Work 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 Agility at Work: principles, terminology and context
2. The business case: why Emotional Agility at Work 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) |
|-------------------|--------|--------------------|
| 2 to 6 Nov 2026   | Durban | \$1,450            |
| 16 to 20 Nov 2026 | Accra  | \$1,550            |
| 23 to 27 Nov 2026 | Online | \$750              |
| 7 to 11 Dec 2026  | Lagos  | \$1,550            |

### 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](mailto:info@ltcconsultants.net) | [ltcconsultant.co.za](http://ltcconsultant.co.za)

Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.