



Nutrition Leadership and Emotional Intelligence

WEBINAR



Building the Capacity of County Governments, Health Cadres, Lecturers from Universities and Colleges, and Global Participants on areas of sensitive and specific nutrition matters



**5TH TO 23RD
MAY 2025**



**5:00 PM –
8:00 PM EAT**

Mode of Delivery:

**VIRTUAL WEBINAR
(ZOOM PLATFORM)**

Organised by Agengá Training and Research Institute (ATRI), in collaboration with the Kenya Nutritionists and Dieticians Institute (KNDI)



ABOUT THE WEBINAR

Leadership in today's fast-paced, complicated health environment is more than simply management; it is also about empathy, inventiveness, and emotional intelligence. The Agengá Training and Research Institute (ATRI), a KNDI service centre, will host a two-week webinar to develop leadership skills, improve emotional intelligence, and cultivate a culture of creativity and innovation among health cadres and educational institutions worldwide.

The training is part of ATRI's continued mandate under Section 7 of CAP 253B to provide professional education, create leadership innovation, and promote emotional intelligence throughout Kenya's 47 counties and beyond.

RATIONALE

Leadership in health and nutrition goes beyond technical knowledge; it requires emotional intelligence to negotiate relationships, encourage people, and foster creativity. The KNDI recognizes this need and seeks to develop leaders who can successfully address public health concerns while supporting ethical governance. This workshop will help participants build leadership skills that improve nutrition and well-being as part of the Primary Health Care.

GOAL

The primary goal of this webinar series is to develop effective leadership and emotional intelligence skills among health cadres professionals, government officials, and academic leaders working in nutrition-sensitive and specific areas. The course will enable participants to apply leadership concepts in their work environments, improve team dynamics, enhance decision-making, and foster an emotionally intelligent work culture.



OBJECTIVES

After completing the course, learners will have

1. To provide participants with a solid understanding of leadership theories and principles.
2. To empower participants to understand and utilize emotional intelligence in the workplace.
3. To improve participants' leadership communication and decision-making skills.
4. To provide realistic mentoring and coaching ways to enhance team effectiveness.
5. To foster a culture of innovation, creativity, and critical thinking inside organizations.
6. Encourage participants to implement ethical leadership and governance approaches professionally.

WHY SHOULD I ATTEND?

Good leadership is a critical and powerful tool for performance in today's health system management and care. More importantly, emotional intelligence forms the core of strong leadership qualities. As leaders, we must not only manage but also encourage innovation and ethical governance, among other things.

I WANT TO BECOME A LEADER! YOU, TOO, WANT TO BECOME A LEADER.

Mentorship

The programme shall draw expertise from great leaders in service and academia, with strong professional orientation and leadership qualities of the present time.

COURSE MODULES

The webinar will cover 14 modules, each focusing on critical areas of leadership development and emotional intelligence:

1. **Module 1:** The Concept of Leadership
2. **Module 2:** Approaches to Leadership and Leadership styles
3. **Module 3:** Understanding yourself as a Leader through personality
4. **Module 4:** Effective Leadership Communication
5. **Module 5:** Emotional Intelligence
6. **Module 6:** The Implementation of Good Corporate Governance
7. **Module 7:** Coaching and Mentoring Techniques to Accelerate Individual Performance
8. **Module 8:** Create a Work Environment of Creativity, Exploration & Innovation
9. **Module 9:** Problem-Solving & Motivating Employees to Find Solutions.
10. **Module 10:** Self-Mastery and Personal Branding for Effective Leading
11. **Module 11:** Talent Acquisition, Management and Development for Succession Planning.
12. **Module 12:** Discover How to Match Leadership Styles to Employees/ workers and Challenges.
13. **Module 13:** Learn the Successful Leader's Approach to Design Thinking, Creative Thinking, Critical Thinking, and Planning.
14. **Module 14:** Team Dynamics and How to Build a Successful Team

Note: Case studies shall be tailor-made to nutrition and dietetics matters.



EXPECTED OUTCOMES

In the webinar, participants will be able to:

- 1) Lead teams more effectively using appropriate leadership styles.
- 2) Improve their emotional intelligence to foster a productive and positive work environment.
- 3) Communicate more clearly and inspire their teams.
- 4) Apply coaching and mentoring techniques to accelerate individual and team performance.
- 5) Implement governance strategies that ensure transparency and ethical leadership.
- 6) Foster creativity, innovation, and critical thinking within their organizations.
- 7) Build and manage successful teams with a strong sense of purpose and collaboration.



REGISTRATION DETAILS:

Dates: 5th to 23rd May 2025.

Time: 4:00–6:00 p.m. EAT

Registration fee:

The minimum module that may be registered is four modules at Ksh 5,000.

The whole module course costs Ksh 15,000.

Points awarded: 6 KNDI points to registered professionals

Registration open

Register Here: <https://forms.gle/K9J3PnrbzkZ8UZnt7>.

CONTACT INFORMATION:

For more details or enquiries, please contact:

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