

Emotional Intelligence for Managers & Leaders: 5-Day Course

Professional Skills
Barcelona (Spain)
04 - 08 Aug 2025

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Emotional Intelligence for Managers & Leaders: 5-Day Course

Ref: 3221_130650 **Date:** 04 - 08 Aug 2025 **Location:** Barcelona (Spain) **Fees:** 4400 **Euro**

Course Description

This comprehensive 5-day course equips managers and leaders with essential emotional intelligence skills to enhance their leadership effectiveness. Participants will explore the four key domains of emotional intelligence: self-awareness, self-management, social awareness, and relationship management. Through interactive exercises and practical applications, leaders will learn to leverage emotional intelligence to improve decision-making, communication, and team performance.

Learning Objectives

- Understand the fundamental concepts and importance of emotional intelligence in leadership
- Develop self-awareness and learn techniques for managing emotions effectively
- Enhance social awareness and empathy to better understand and motivate team members
- Improve relationship management skills to build stronger connections and resolve conflicts
- Apply emotional intelligence strategies to real-world leadership challenges

Course Modules

Day 1: Introduction to Emotional Intelligence

- Defining emotional intelligence and its importance in leadership
- The four domains of emotional intelligence
- Assessing your current emotional intelligence level
- The neuroscience of emotions and decision-making

Day 2: Self-Awareness

- Recognizing and understanding your own emotions
- Identifying personal triggers and emotional patterns
- Developing mindfulness and self-reflection practices
- Aligning emotions with values and goals

Day 3: Self-Management

- Strategies for regulating emotions under pressure
- Developing emotional resilience
- Managing stress and maintaining work-life balance
- Cultivating a growth mindset

A graphic of a chessboard with several chess pieces (king, queen, rook, knight, and pawns) in gold and silver. The text 'UK Training PARTNER' is overlaid on the board.

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Day 4: Social Awareness

- Enhancing empathy and perspective-taking skills
- Reading and interpreting nonverbal cues
- Understanding organizational dynamics and culture
- Developing cultural intelligence

Day 5: Relationship Management

- Building and maintaining strong professional relationships
- Effective communication and active listening techniques
- Conflict resolution and negotiation skills
- Inspiring and motivating team members
- Creating a positive emotional climate in the workplace

Practical Wins for Participants

- Improved self-awareness and emotional regulation in challenging situations
- Enhanced ability to build rapport and connect with team members and stakeholders
- Increased effectiveness in managing conflicts and fostering collaboration
- Practical tools and strategies to continue developing emotional intelligence beyond the course

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