

Emotional Intelligence for Managers & Leaders: 5-Day Course

Professional Skills
Rome (Italy)
04 - 08 Aug 2025

UK Traininig

PARTNER



Emotional Intelligence for Managers & Leaders: 5-Day Course

Ref: 3221_135197 **Date:** 04 - 08 Aug 2025 **Location:** Rome (Italy) **Fees:** 4200 **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 (a king, a queen, a rook, and a pawn) in gold and silver. The text 'UK Training' is in a small, black sans-serif font, and 'PARTNER' is in a large, bold, black sans-serif font below it.

UK Training
PARTNER

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

Blackbird training cities



Accra (Ghana)

Amman (Jordan)

Amsterdam (Netherlands)

Annecy (France)

Baku (Azerbaijan)

Bali (Indonesia)

Bangkok (Thailand)

Bangkok (Thailand)

Barcelona (Spain)

Batumi (Georgia)

Beijing (China)

Beirut (Lebanon)

Berlin (Germany)

Birmingham (UK)

Bordeaux (France)

Boston, Massachusetts (USA)

Brussels (Belgium)

Cairo (Egypt)

Cape Town (South Africa)

Casablanca (Morocco)

Cascais (Portugal)

Copenhagen (Denmark)

Doha (Qatar)

Dubai (UAE)

Düsseldorf (Germany)

UK Training
PARTNER



Blackbird Training Category



Human Resource



Audit & Quality Assurance



Finance, Accounting, Budgeting



Marketing, Sales, Customer Service



Secretary & Admin



Law and Contract Management



Project Management



IT & IT Engineering



Supply Chain & Logistics



Management & Leadership



Professional Skills



Oil & Gas Engineering



Health & Safety



Telecom Engineering



Hospital Management



Customs & Safety



Aviation



C-Suite Training



Agile and Refinement



Blackbird training Clients



MANNAI Trading
Company WLL,
Qatar



Alumina Corporation
Guinea



Booking.com
Netherlands



Oxfam GB International
Organization,
Yemen



Capital Markets
Authority,
Kuwait



Waltersmith Petroman Oil Limited
Nigeria



Qatar National Bank
(QNB),
Qatar



Qatar Foundation,
Qatar



AFRICAN UNION ADVISORY
BOARD ON CORRUPTION,
Tanzania



KFAS
Kuwait



Reserve Bank of
Malawi,
Malawi



Central Bank of Nigeria
Nigeria



Ministry of Interior
Kingdom of Saudi Arabia
KSA



Mabruk Oil Company
Libya



Saudi Electricity
Company,
KSA



BADAN PENGELOLA
KEUANGAN Haji,
Indonesia



NATO
Italy



ENI CORPORATE
UNIVERSITY,
Italy



Gulf Bank
Kuwait



General Organization for
Social Insurance
KSA



Defence Space Administration
Nigeria



National Industries
Group (Holding),
Kuwait



Hamad Medical
Corporation,
Qatar



USAID
Pakistan



STC Solutions,
KSA



North Oil company,



EKO Electricity



Oman Broadband



UNITED NATIONS
UN.



Authority for

UK Training
PARTNER



LONDON TRAINING PROVIDER



www.blackbird-training.com



training@blackbird-training.com



+44 7480 775526 / +44 7401 177335