BLACKBIRD FOR TRAINING

Emotional Intelligence in Leadership
Pinnacle Training

28 December 2026 – 1 January 2027
Barcelona (Spain)

UK Traininig
PARTNER

Emotional Intelligence in Leadership Pinnacle Training

Ref: 321925_176800 **Date:** 28 December 2026 – 1 January 2027 **Location:** Barcelona (Spain) **Fees:** 5200 GBP

Why This Course

Exceptional leadership is not just about strategy or technical expertise—emotional intelligence EI is a critical factor that drives effective decision-making, team performance, and organizational culture. Leaders who can understand and manage their own emotions while navigating the emotions of others create stronger relationships, foster engagement, and inspire high-performing teams.

The Emotional Intelligence for Leaders program is an intensive 5-day course designed to equip leaders with the skills and strategies to harness EI for professional and organizational success. Through interactive sessions, practical exercises, and real-world applications, participants will enhance their self-awareness, strengthen relationships, and develop actionable strategies to lead with confidence and empathy.

What You'll Learn and Practice

By participating in this program, you will:

- Gain a deep understanding of emotional intelligence and its impact on leadership effectiveness.
- Enhance self-awareness and self-regulation to refine your leadership style.
- Build empathy and strengthen interpersonal relationships across diverse teams.
- Motivate and inspire teams using principles of emotional intelligence.
- Manage conflict, navigate challenging workplace situations, and foster trust.
- Create a personal action plan for continuous EI development and leadership growth.

The Program Flow

Day 1: Foundations of Emotional Intelligence

- Introduction to emotional intelligence in leadership.
- Exploring the four EI domains: self-awareness, self-management, social awareness, relationship management.
- Assessing your emotional intelligence quotient EQ.
- Understanding the neuroscience of emotions and decision-making.

Day 2: Developing Self-Awareness and Self-Management

- Recognizing and understanding your own emotions.
- Techniques for emotional regulation and stress management.
- Cultivating a growth mindset and personal resilience.
- Aligning personal values with leadership actions.

Day 3: Enhancing Social Awareness and Empathy

- Active listening and non-verbal communication skills.
- Developing empathy and compassion in leadership.
- Understanding and valuing diversity in the workplace.
- Recognizing and addressing unconscious bias.

Day 4: Building Strong Relationships and Team Dynamics

- Effective communication strategies for leaders.
- Conflict resolution and negotiation techniques.
- Fostering psychological safety and trust within teams.
- Providing constructive feedback and recognition.

Day 5: Applying EI for Organizational Success

- Leading change with emotional intelligence.
- Cultivating a positive organizational culture.
- Coaching and mentoring for EI development in others.
- Creating a personal EI leadership development plan.

Individual Impact

Participants will:

- Improve stress management and maintain composure in challenging situations.
- Strengthen communication skills for stronger relationships and collaboration.
- Motivate and inspire team members to achieve goals effectively.
- Increase adaptability and resilience when navigating organizational change and uncertainty.

Work Impact

Organizations will benefit from leaders who can:

- Build high-performing, emotionally intelligent teams.
- Navigate conflicts and sensitive situations with confidence.
- Foster a positive, inclusive, and engaged workplace culture.
- Lead change initiatives with greater acceptance, alignment, and impact.

Training Methodology

This program blends theory and practice through:

- Interactive workshops exploring emotional intelligence principles.
- Practical exercises in self-awareness, empathy, and relationship management.
- Real-world case studies and scenario-based activities.
- Reflection, peer discussions, and personalized action planning.

Beyond the Course

After completing this program, participants will be ready to:

- Apply emotional intelligence to improve leadership effectiveness and team performance.
- Communicate and collaborate more effectively across diverse teams.
- Lead with confidence, empathy, and resilience in dynamic business environments.
- Foster a culture of trust, engagement, and continuous improvement.