Mastering Emotional Intelligence Skills for Excellent Leadership

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Lisbon (Portugal)

UK Traininig
PARTNER



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Why This Course

Emotional intelligence EI is a critical factor for effective leadership in today's dynamic and complex business environment. Leaders who understand and manage their own emotions, while empathizing with others, can inspire teams, resolve conflicts, and drive organizational success.

The Advanced Emotional Intelligence for Leaders program is a 1-week intensive designed to equip participants with practical EI skills, strategies for influencing others, and tools to foster emotionally intelligent teams. Through interactive exercises, case studies, and real-world applications, leaders will enhance their ability to lead with insight, empathy, and confidence.

What You'll Learn and Practice

By participating in this program, you will:

- Develop heightened self-awareness and emotional regulation skills.
- Enhance empathy and social awareness to build stronger relationships.
- Motivate and inspire teams through emotionally intelligent leadership techniques.
- Master strategies for managing conflict and navigating difficult conversations.
- Create a personal action plan for continuous emotional intelligence development.

The Program Flow

Day 1: Foundations of Emotional Intelligence

- Understanding the EI framework and its impact on leadership.
- Conducting self-assessment and recognizing emotional patterns.
- Identifying personal emotional triggers.
- Expanding emotional vocabulary and expression.

Day 2: Self-Management and Emotional Regulation

- Techniques for managing stress and maintaining composure.
- Cultivating adaptability, resilience, and a growth mindset.
- Aligning emotions with goals and organizational values.
- Strategies for impulse control and emotionally intelligent decision-making.



Day 3: Social Awareness and Empathy

- Active listening and interpreting non-verbal cues.
- Developing empathy and perspective-taking skills.
- Reading organizational dynamics and power structures.
- Cultivating cultural intelligence and inclusivity.

Day 4: Relationship Management and Influence

- Building trust and rapport with diverse stakeholders.
- Managing conflicts and handling difficult conversations.
- Inspiring and motivating teams through emotional connection.
- Collaborative problem-solving and emotionally intelligent decision-making.

Day 5: Emotionally Intelligent Leadership in Action

- Creating and sustaining a culture of emotional intelligence.
- Coaching and developing EI in team members.
- Leading organizational change with emotional intelligence.
- Personal action planning for ongoing growth and improvement.

Individual Impact

Participants will leave the program able to:

- Regulate their emotions effectively to make better decisions.
- Build stronger, trust-based relationships within their teams and organization.
- Navigate complex challenges with confidence and empathy.
- Apply personalized strategies for continuous emotional intelligence development.

Work Impact

Organizations will benefit from leaders who can:

- Enhance team collaboration, engagement, and performance.
- Resolve conflicts efficiently while maintaining trust.
- Lead change initiatives with empathy and emotional insight.
- Foster a resilient, adaptive, and emotionally intelligent workplace culture.

Training Methodology

This program blends theory with practical application through:



- Interactive workshops, exercises, and self-assessments.
- Real-world case studies and role-playing scenarios.
- Peer discussions and collaborative problem-solving activities.
- Action planning to apply EI skills directly in the workplace.

Beyond the Course

Upon completion, participants will be equipped to:

- Lead with confidence, empathy, and emotional insight.
- Develop and sustain emotionally intelligent teams.
- Apply EI principles to improve decision-making, collaboration, and performance.
- Drive meaningful organizational impact through emotionally intelligent leadership.

