

# Developing Emotionally Intelligent Management Leadership

2027 25 - 21  
Lisbon (Portugal)

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## Developing Emotionally Intelligent Management Leadership

**2022-2023** | **1751-721** | **Location:** Lisbon (Portugal) | **Fees:** 5200 GBP

### Why This Course

Effective leadership goes beyond strategy and operations—it requires the ability to understand and manage emotions, both your own and those of your team. Leaders who harness emotional intelligence EI create stronger relationships, foster collaboration, and inspire high-performing teams, even in challenging situations.

The Emotional Intelligence for Leaders program is a 5-day intensive designed to equip managers and leaders with practical EI skills. Through interactive sessions, exercises, and real-world scenarios, participants will learn to navigate emotions, improve decision-making, resolve conflicts, and cultivate a positive organizational culture.

### What You'll Learn and Practice

By participating in this program, you will:

- Understand the core components of emotional intelligence and their impact on leadership.
- Develop self-awareness and self-management skills to enhance personal effectiveness.
- Build empathy and strengthen relationships with team members.
- Apply EI strategies to improve decision-making, conflict resolution, and influence.
- Create a positive work environment that motivates and engages high-performing teams.
- Develop a personal action plan for ongoing EI growth and leadership development.

### The Program Flow

#### Day 1: Foundations of Emotional Intelligence

- Introduction to emotional intelligence in leadership.
- Self-awareness and emotional self-assessment.
- Understanding personal triggers and emotional patterns.
- Developing emotional vocabulary and expression.

#### Day 2: Self-Management and Emotional Regulation

- Techniques for managing stress and maintaining composure.
- Building adaptability and flexibility in leadership.
- Cultivating resilience and a growth mindset.
- Setting and achieving emotional intelligence goals.

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### **Day 3: Social Awareness and Empathy**

- Active listening and nonverbal communication skills.
- Developing empathy and understanding others' perspectives.
- Recognizing and respecting cultural and individual differences.
- Building rapport and trust with team members.

### **Day 4: Relationship Management and Influence**

- Navigating conflict and having difficult conversations.
- Giving and receiving feedback effectively.
- Inspiring and motivating teams.
- Building collaborative, high-performing workgroups.

### **Day 5: Emotionally Intelligent Leadership in Action**

- Applying EI in decision-making and problem-solving.
- Leading change and managing resistance.
- Creating a positive organizational culture.
- Developing a personal action plan for continued growth.

## **Individual Impact**

Participants will leave the program able to:

- Recognize and manage personal emotions in challenging situations.
- Communicate more effectively and build stronger professional relationships.
- Resolve conflicts and handle difficult conversations with confidence.
- Inspire and motivate their teams to achieve higher performance.
- Implement actionable strategies for ongoing emotional intelligence development.

## **Work Impact**

Organizations will benefit from leaders who can:

- Foster a collaborative and resilient work environment.
- Enhance team cohesion and engagement.
- Improve conflict resolution and interpersonal dynamics.
- Drive organizational performance through emotionally intelligent leadership.

## **Training Methodology**

This program combines theory and practical application through:

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- Interactive workshops and hands-on exercises.
- Real-world case studies and role-playing scenarios.
- Peer discussions and group problem-solving activities.
- Action planning to apply EI insights directly to the workplace.

## Beyond the Course

Upon completion, participants will be equipped to:

- Lead with greater self-awareness, empathy, and influence.
- Create a positive culture that encourages collaboration and high performance.
- Navigate complex interpersonal challenges with confidence.
- Continue growing as emotionally intelligent leaders in any organizational context.

A graphic of a chessboard with several chess pieces (a king, a queen, and a pawn) on it, set against a background of concentric circles.

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