



**Leadership & Emotional Intelligence**

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## Leadership & Emotional Intelligence

5 days training course

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For detailed information on training course dates, please click the link:

[Leadership & Emotional Intelligence.](#)



### **Target Audience:**

This course is designed for leaders, managers, team leaders, and professionals who want to enhance their leadership capabilities by improving their emotional intelligence. It is ideal for those seeking to foster better relationships, improve team dynamics, and lead more effectively in high-pressure environments.

### **Introduction:**

The **Leadership & Emotional Intelligence** course focuses on the importance of emotional intelligence (EQ) in leadership and its role in enhancing communication, decision-making, and team performance. Participants will explore core emotional intelligence competencies and learn how to leverage them to become more effective and empathetic leaders, driving organizational success.

### **Training Objectives:**

- Understand the concept of emotional intelligence and its impact on leadership effectiveness.
- Identify and develop the key components of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills.
- Enhance communication and interpersonal skills to build stronger relationships with teams and stakeholders.
- Learn strategies for managing stress, conflict, and emotions in leadership roles.
- Develop tools for creating a positive work culture through emotional intelligence.
- Apply emotional intelligence to make more informed, empathetic leadership decisions.

## **Course Outline:**

### **Day 1: Introduction to Leadership and Emotional Intelligence**

- Defining emotional intelligence and its relevance to leadership
- Key components of emotional intelligence: Self-awareness, self-regulation, motivation, empathy, and social skills
- The relationship between leadership styles and emotional intelligence
- Emotional intelligence in decision-making and leadership effectiveness
- Practical exercise: Identifying your emotional intelligence strengths and areas for improvement
- Case study: Emotional intelligence in successful leadership

### **Day 2: Developing Self-Awareness and Self-Regulation**

- Understanding the role of self-awareness in effective leadership
- Techniques for increasing self-awareness: Mindfulness and emotional self-reflection
- Managing personal emotions and stress in leadership roles
- The importance of self-regulation: Maintaining composure under pressure
- Practical exercise: Self-reflection and emotional regulation in stressful situations
- Case study: Leaders who successfully demonstrate self-awareness and self-regulation

### **Day 3: Building Empathy and Social Skills**

- The importance of empathy in leadership and team management
- Recognizing and understanding the emotions of others
- Building rapport and trust with team members and colleagues
- Techniques for improving social skills: Active listening, open communication, and conflict resolution
- Practical exercise: Empathy-building activities and real-life scenarios
- Case study: Leaders who excel in empathy and social skills

### **Day 4: Emotional Intelligence in Conflict and Stress Management**

- Using emotional intelligence to manage and resolve conflicts effectively
- Identifying and addressing underlying emotional triggers in conflicts
- Stress management strategies for leaders: Recognizing and managing emotional reactions
- Supporting team members during challenging situations
- Practical exercise: Conflict resolution and stress management role-play
- Case study: Successful conflict resolution through emotional intelligence

## **Day 5: Leading with Emotional Intelligence and Creating a Positive Culture**

- Leading with emotional intelligence to inspire and motivate teams
- Building a positive, collaborative work culture through emotional intelligence
- Enhancing team engagement, morale, and performance with EQ
- Creating a feedback-rich environment to improve emotional intelligence in teams
- Practical exercise: Creating an emotional intelligence leadership action plan
- Course review and wrap-up



## DOCUMENTATION

The **MTC team** has meticulously prepared **high-quality training materials** for distribution to all delegates.

## CERTIFICATES

An **accredited Certificate of Completion** will be awarded to participants who successfully attend and complete the program.

## SCHEDULE

Course sessions are scheduled as follows:

- **Morning Session:** 09:00 AM – 1:00 PM
- **Afternoon Session:** 01:00 PM – 05:00 PM

## REGISTRATION & PAYMENT

To register, please complete the **registration form** available on the course page and submit it with your **preferred payment method**. Alternatively, you can contact us via **email or WhatsApp** for assistance.

## TRAVEL & TRANSPORT

We ensure a **seamless travel experience** by providing **airport-hotel-airport** transfers for all participants.