

# aractech

Global Learning for Operational Leaders



LEADERSHIP AND MANAGEMENT | LM-017

## Leadership and Emotional Intelligence

### Contact

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### Address

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# Course content

## Why Attend

Effective leadership depends not only on technical knowledge and authority, but also on emotional intelligence. Leaders with strong emotional intelligence build trust, inspire teams, manage pressure, resolve conflicts, and create positive workplace cultures. This course provides participants with practical tools to strengthen self-awareness, self-management, social awareness, and relationship management for stronger leadership impact.

## Course Methodology

• This course uses an interactive and practical approach through presentations, self-assessments, case studies, group discussions, role plays, leadership exercises, and real workplace examples.

## Course Objectives

- Understand the relationship between leadership and emotional intelligence
- Develop self-awareness and emotional control
- Improve resilience and personal motivation
- Strengthen empathy and social awareness
- Build trust and credibility with teams
- Handle conflict constructively

## Target Audience

- Managers and Supervisors
- Team Leaders
- Department Heads
- HR Professionals

# Course outline

## Detailed course outline

Day-by-day outline for Leadership and Emotional Intelligence.

### Day 1 - Relationship Between Leadership and Emotional Intelligence

- Introduction to emotional intelligence and its components
- Role of emotional intelligence in leadership effectiveness
- Emotional intelligence competencies for leaders
- Connection between emotions, behaviors, and leadership outcomes
- Examples of emotionally intelligent leaders and their outcomes
- Building leadership impact through emotional intelligence

### Day 2 - Developing Self-Awareness in Leaders

- Recognizing emotions and their influence
- Understanding personal strengths and weaknesses
- Assessing triggers and reactions
- Developing emotional vocabulary
- Seeking and utilizing feedback
- Building continuous self-awareness habits

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### Day 3 - Developing Self-Management in Leaders

- Managing emotions effectively
- Managing impulses and reactions
- Developing a positive attitude
- Cultivating intrinsic motivation
- Developing a mental recharge
- Leading calmly under pressure

### Day 4 - Developing Social Awareness in Leaders

- Recognizing and interpreting nonverbal cues
- Engaging in active listening
- Recognizing emotional states in others
- Expressing empathy and compassion
- Observing and understanding group dynamics
- Improving team connection and understanding

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### Day 5 - Developing Relationship Management in Leaders

- Developing trust and credibility
- Providing constructive feedback
- Handling conflicts constructively
- Promoting team cohesion and synergy
- Offering emotional support in difficult times
- Promoting effective relationship management

## Seminar dates

### Available seminar dates

Live dates and pricing for Leadership and Emotional Intelligence generated from the course details page.

Date	Location	Format	Fee
15 - 19 June 2026	London	Classroom	€2,940
20 - 24 July 2026	Munich	Classroom	€2,415
3 - 7 August 2026	Kuala lumpur	Classroom	€1,575
7 - 11 September 2026	Amsterdam	Classroom	€2,975
12 - 16 October 2026	London	Classroom	€2,940
9 - 13 November 2026	Munich	Classroom	€2,415
14 - 18 December 2026	Barcelona	Classroom	€2,695

**Live online option**

Online delivery is available at €1,250.