

Emotional Intelligence

14 – 18 December 2026
Lagos (Nigeria)

UK Traininig

PARTNER



Emotional Intelligence

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Introduction

In today's dynamic and fast-changing workplace, emotional intelligence has become one of the most vital skills for achieving professional and leadership success. It goes beyond understanding emotions — it encompasses the ability to manage them wisely, communicate effectively, and build relationships grounded in trust and respect.

The Emotional Intelligence course is designed to help participants develop self-awareness, emotional regulation, empathy, and interpersonal communication. It focuses on practical strategies to enhance workplace relationships, handle challenging situations with composure, and use emotions as a source of motivation rather than disruption.

Through interactive learning and practical applications, participants will gain the tools to navigate complex work environments, foster collaboration, and cultivate emotionally intelligent leadership that drives engagement and organizational growth.

Course Objectives

- Understand the concept and components of emotional intelligence.
- Recognize the connection between emotions, behavior, and performance.
- Develop self-awareness and control over emotional reactions.
- Strengthen empathy and improve interpersonal communication.
- Apply effective techniques to manage stress and workplace challenges.
- Build teamwork and collaboration using emotional awareness.
- Use emotional intelligence to enhance leadership and resolve conflicts.
- Foster professional relationships based on trust and respect.

Course Outlines

Day 1: Understanding Self and Emotional Awareness

- Introduction to emotional intelligence and its key elements.
- The difference between emotional and rational intelligence.
- Self-awareness and its influence on personal and professional behavior.
- Identifying and understanding emotional patterns.
- Practical exercise to recognize emotional strengths and weaknesses.
- Case study on self-awareness and its role in decision-making.

A graphic of a chessboard with several pawns and a king piece. The king piece is gold and stands prominently on the right side of the board. The pawns are silver and black. The board is white and black checkered.

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Day 2: Managing Emotions and Handling Pressure

- Understanding emotional triggers and their impact on behavior.
- Strategies for controlling anger and reducing stress.
- Turning negative emotions into productive motivation.
- Techniques for maintaining calm under pressure.
- Practical exercise on managing emotions in workplace situations.
- Group discussion on real-life cases of emotional management.

Day 3: Empathy and Effective Human Communication

- The meaning and importance of empathy in the workplace.
- Active listening as a foundation for understanding others.
- Reading body language and nonverbal signals.
- Balancing assertiveness and empathy in communication.
- Group activity to improve empathetic communication.
- Case study on successful and failed communication scenarios.

Day 4: Emotional Intelligence in Leadership and Teamwork

- The role of emotional intelligence in motivating and inspiring teams.
- Building trust and collaboration through emotional connection.
- Understanding personality types and adapting leadership styles.
- Leading by example and fostering a positive work culture.
- Practical exercise on resolving conflicts through emotional insight.
- Case analysis of emotionally intelligent leadership in practice.

Day 5: Practical Application and Self-Assessment

- Integrating emotional intelligence into daily professional practices.
- Developing a personal plan for emotional growth.
- Assessing the impact of emotional intelligence on performance.
- Combined exercise on leadership, self-awareness, and empathy.
- Participant presentations and reflective discussions.
- Final evaluation and feedback on personal progress.

Why Attend This Course? Wins & Losses!

- Strengthen your ability to understand yourself and others effectively.
- Enhance leadership skills through emotional awareness.
- Improve communication and collaboration across teams.
- Gain practical tools to manage emotions and stress.
- Build relationships based on respect and trust.
- Increase motivation, engagement, and personal resilience.
- Foster a harmonious, productive workplace environment.
- Develop a balanced approach between emotion and logic in decision-making.

Conclusion

Emotional intelligence is no longer an optional soft skill — it is a strategic competency that defines effective leadership and sustainable success. A professional who understands and manages emotions intelligently can inspire others, handle challenges with confidence, and build stronger, more cooperative teams.

The Emotional Intelligence course empowers participants to apply emotional understanding in leadership, communication, and decision-making. It provides practical frameworks to turn awareness into action and relationships into meaningful collaboration.

Developing emotional intelligence leads to balance, resilience, and growth — both personally and professionally — transforming workplaces into spaces of trust, harmony, and shared achievement.

A graphic of a chessboard with several chess pieces. A gold king piece is prominent in the foreground, with a silver king piece and a silver pawn behind it. The board is checkered, and there are concentric circles in the background.

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