

# Leadership and Emotional Intelligence

*London (UK)*24 - 28 *November* 2025



www.blackbird-training.com



# Leadership and Emotional Intelligence

Code: LM28 From: 24 - 28 November 2025 City: London (UK) Fees: 4400 Pound

#### Introduction

In today is fast-paced and competitive business world, leadership is no longer just a title or authority; it has evolved into an art that relies on influence, effective communication, and emotional intelligence. Successful leaders understand that recognizing emotions whether their own or their team's is critical in driving performance and creating a positive, productive work environment.

This advanced course on leadership and emotional intelligence is designed to help leaders refine their skills in self-awareness, relationship-building, and team leadership. Through interactive sessions, case studies, and practical applications, participants will gain tools and strategies that enable them to inspire, motivate, and achieve exceptional results within their organizations.

## **Course Objectives**

By the end of this course, participants will be able to:

- Understand the importance of emotional intelligence in leadership and its impact on organizational performance.
- Develop self-awareness and self-regulation strategies to improve decision-making and leadership outcomes.
- Enhance communication skills and build strong relationships based on empathy and social awareness.
- Master conflict resolution strategies and respond to challenges with emotional intelligence.
- Foster a positive work environment that promotes high performance and strengthens organizational loyalty.

#### Course Outlines

### Day 1: Fundamentals of Leadership and Emotional Intelligence

- Modern Leadership Concept: From authority to influence and inspiration.
- Introduction to Emotional Intelligence: The five core elements self-awareness, self-regulation, motivation, empathy, social skills.
- The Role of Emotions in Decision-Making based on neuroscience.
- Self-assessment: Evaluating your emotional intelligence level and identifying areas for development.

### Day 2: Self-awareness and Self-regulation for Leaders

- The importance of self-awareness in leadership development.
- Effective strategies for managing emotions under pressure.
- Building resilience and adaptability to face challenges.
- Practical exercises: Controlling emotions using mindfulness techniques.

UK Traininig PARTNER



### Day 3: Empathy and Social Awareness in Leadership

- The role of empathy in enhancing team performance and organizational success.
- · Active listening techniques to improve communication and build trust.
- · Recognizing emotional cues and responding intelligently.
- Creating a psychologically safe environment that fosters innovation and collaboration.

### Day 4: Effective Communication and Conflict Resolution

- Emotionally intelligent communication skills: verbal and non-verbal.
- Managing difficult conversations and resolving conflicts wisely.
- Conflict resolution strategies for positive and productive outcomes.
- Coaching & Mentoring to foster emotional intelligence within teams.

#### Day 5: Building an Organizational Culture Based on Emotional Intelligence

- How an emotionally intelligent leader contributes to shaping organizational culture.
- Motivating teams and organizations to adopt emotional intelligence practices.
- Mechanisms for supporting and sustaining a positive work environment based on emotional intelligence.
- Developing a personal action plan for applying emotional intelligence principles in daily professional life.

### Why Attend This Course: Wins & Losses!

- Enhance leadership skills that improve individual and team performance.
- Make a lasting positive impact on organizational culture.
- · Learn strategies for managing stress and conflicts to ensure a smooth and creative work environment.
- Build strong relationships that support personal and professional growth, enhancing communication with teams.
- Strengthen decision-making skills based on self-awareness and emotional intelligence.

#### Conclusion

Effective leadership that can adapt to the increasing challenges in ever-changing work environments is indispensable. This course equips participants with the knowledge and practical tools needed to develop intelligent strategies for leading teams using emotional intelligence, leading to improved performance, stronger trust among team members, and a more cohesive and productive work environment.

Join us to discover how emotional intelligence can be the key to your success in leadership and driving exceptional results within your organization.





# **Blackbird Training Cities**

## **EUROPE**



Malaga (Spain)



Sarajevo (BiH)



Cascais (Portugal)



Glasgow (Scotland)



Edinburgh (UK)



Oslo (Norway)



Annecy (France) (Sweden)



Bordeaux (France)



Copenhagen (Denmark)



Birmingham (UK)



Lyon (France)



Stockholm



Podgorica (Montenegro)



Batumi (Georgia)



Salzburg (Austria)



Florence (Italy)



Rotterdam (Netherlands)



London (UK)



Istanbul (Turkey)



Amsterdam



Düsseldorf (Germany)



Paris (France)



Athens(Greece)



Barcelona (Spain)



Munich (Germany)



Geneva (Switzerland)



Prague (Czech)



Vienna (Austria)



Rome (Italy)



Brussels (Belgium)



Madrid (Spain)



Berlin (Germany)



Lisbon (Portugal)



Zurich (Switzerland)



Manchester (UK)



Milan (Italy)





# **Blackbird Training Cities**

# **USA & CANADA**



Los Angeles (USA)



Orlando, Florida (USA)



Online



Phoenix, Arizona (USA)



Houston, Texas (USA)



Boston, MA (USA)



Washington (USA)



Miami, Florida (USA)



New York City (USA)



Seattle, Washington (USA)



Washington DC (USA)



In House



Jersey, New Jersey (USA)

Toronto (Canada)

## **ASIA**



Baku (Azerbaijan) (Thailand)



Maldives (Maldives)



Doha (Qatar)



Manila (Philippines)



Bali (Indonesia)



Bangkok



Beijing (China)



Singapore (Singapore)



Sydney (Australia)



Tokyo (Japan)



Jeddah (KSA)



Riyadh(KSA)



Melbourne (Australia) (Malaysia)



Phuket (Thailand)



Shanghai (China)



Abu Dhabi (UAE)



Dubai (UAE)



Kuala Lumpur



Kuwait City (Kuwait)



Seoul (South Korea)



Pulau Ujong (Singapore)



Irbid (Jordan)



Jakarta (Indonesia)



Amman (Jordan)





# **Blackbird Training Cities**

## **AFRICA**







Cape Town (South Africa)



Accra (Ghana)



Lagos (Nigeria)



Marrakesh (Morocco)



Nairobi (Kenya)



Zanzibar (Tanzania)



Tangier (Morocco)



Cairo (Egypt)



Sharm El-Sheikh (Egypt)



Casablanca (Morocco)



Tunis (Tunisia)





# **Blackbird Training Clients**



ANNAI Trading Company WLL, Qatar



Alumina Corporation Guinea



Netherlands



Oxfam GB International Organization, Yemen



Capital Markets Authority, **Kuwait** 



Nigeria



National Bank (ONB), **Qatar** 



Qatar Foundation, **Qatar** 



AFRICAN UNION ADVISORY BOARD ON CORRUPTION, Tanzania



Kuwait



Reserve Bar Malawi, **Malawi** 



Nigeria



Ministry of Interior, KSA



Mabruk Oil Company **Libya** 



Saudi Electricity



BADAN PENGELOLA KEUANGAN Haji, Indonesia



Italy



ENI CORPORATE UNIVERSITY, Italy



Kuwait



General Organization for Social Insurance ral C. Social Insu KSA



Nigeria



National Industries Group (Holding), **Kuwait** 



Hamad Medical Corporation, Qatar



USAID **Pakistan** 



STC Solutions, **KSA** 



North Oil company,



**EKO Electricity** 



Oman Broadband



UN.









# **Blackbird Training Categories**

## Management & Admin

Entertainment & Leisure

Professional Skills

Finance, Accounting, Budgeting

Media & Public Relations

**Project Management** 

Human Resources

Audit & Quality Assurance

Marketing, Sales, Customer Service

Secretary & Admin

Supply Chain & Logistics

Management & Leadership

Agile and Elevation

#### **Technical Courses**

Artificial Intelligence (AI)

Sustainability, ESG & Corporate Responsibility

Hospital Management

**Public Sector** 

Special Workshops

Oil & Gas Engineering

Telecom Engineering

IT & IT Engineering

Health & Safety

Law and Contract Management

Customs & Safety

Aviation

C-Suite Training

