

## Leadership and Emotional Intelligence

*Maldives (Maldives)*

*17 - 21 November 2025*

UK Training

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## Leadership and Emotional Intelligence

Code: LM28 From: 17 - 21 November 2025 City: Maldives (Maldives) Fees: 4700 Pound

### Introduction

In the fast-paced and challenging world of business, leadership is no longer just a position or authority; it has evolved into an art based on influence, effective communication, and emotional intelligence. Successful leaders understand that recognizing emotions—whether their own or their team's—is a critical factor in motivating performance and fostering a positive and productive work environment.

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

### Course Objectives

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

- Understand the importance of emotional intelligence in effective leadership and its impact on organizational performance.
- Develop self-awareness and self-regulation strategies that enhance decision-making processes and improve 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.
- Create a positive work environment that fosters 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 developing leadership skills.
- Effective strategies for managing emotions under pressure.
- Building resilience and adaptability to face challenges.
- Practical exercises: Controlling emotions using mindfulness techniques.

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a pawn) on it. The board is white and black, and the pieces are gold and silver. The text 'UK Training PARTNER' is overlaid on the board.

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

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

### Day 4: Effective Communication and Conflict Resolution

- Emotionally intelligent communication skills: verbal and non-verbal.
- Managing difficult conversations and resolving conflicts with wisdom.
- 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.
- Ability to make a lasting positive impact on organizational culture.
- Learn strategies for managing stress and conflicts, ensuring 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, capable of adapting to the increasing challenges in ever-changing work environments, is indispensable. This course equips you with the skills and knowledge to develop intelligent strategies for leading your teams with emotional intelligence, contributing to improved performance, building trust among team members, and creating a more cohesive and productive work environment.

Join us to discover how emotional intelligence can be the key to your success in leadership.

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a pawn) on it, set against a background of concentric circles. The text 'UK Training PARTNER' is overlaid on the right side of the board.

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