

Emotional Intelligence in the Workplace Training Course

Amsterdam

4 - 8 May 2026

UK Training

PARTNER



Emotional Intelligence in the Workplace Training Course

Code: LM28 From: 4 - 8 May 2026 City: Amsterdam Fees: 4200 Pound

Introduction

In today's dynamic work environment, Emotional Intelligence EI is not just an added skill—it is a critical component for effective communication, leadership, and collaboration. Understanding the meaning of emotional intelligence and its profound impact on workplace dynamics enables individuals to develop emotional intelligence that improves relationships and productivity.

This emotional intelligence course is designed to equip participants with practical strategies to increase emotional intelligence, enhance self-awareness, and manage emotions effectively. Through hands-on exercises and real-world applications, participants will learn how to improve emotional intelligence to foster a productive, emotionally intelligent work culture.

Course Objectives

By the end of this emotional intelligence training, participants will be able to:

- Understand the core principles of Emotional Intelligence and its importance in the workplace why is emotional intelligence important, emotional intelligence why is it important.
- Develop self-awareness and self-regulation skills for better emotional control how to develop emotional intelligence, how to increase emotional intelligence.
- Enhance empathy and interpersonal skills to improve communication and teamwork emotional intelligence in relationships, emotional intelligence at work.
- Apply conflict resolution strategies based on emotional understanding emotional intelligence activities, how to be emotionally intelligent.
- Foster an emotionally intelligent work environment that encourages collaboration and productivity emotionally intelligent leadership.

Course Outlines

Day 1: Introduction to Emotional Intelligence

- Definition and Importance of Emotional Intelligence in the workplace meaning of emotional intelligence, why is emotional intelligence important.
- The Five Pillars of Emotional Intelligence: Self-awareness, Self-regulation, Motivation, Empathy, and Social Skills high emotional intelligence.
- Understanding emotional triggers and their impact on behavior emotional intelligence habits.
- Assessing your Emotional Intelligence level through practical emotional intelligence tests.

Day 2: Developing Self-Awareness and Self-Regulation

- Techniques to increase self-awareness: Reflection, Mindfulness, and Feedback how to improve your emotional intelligence, building emotional intelligence.

The logo for UK Training Partner features the text 'UK Training' in a small, black sans-serif font above the word 'PARTNER' in a large, bold, black sans-serif font. The background of the logo is a stylized chessboard with several chess pieces (a king, a queen, a rook, and a pawn) in gold and silver, set against a backdrop of concentric circles.

- Recognizing emotional triggers and understanding their root causes emotional intelligence examples.
- Strategies for self-regulation: Stress Management, Emotional Control, and Resilience how to build emotional intelligence.
- Building resilience to handle workplace pressures effectively emotional intelligence in business.
- Practical exercises on controlling emotional reactions.

Day 3: Enhancing Empathy and Social Skills

- Understanding the role of empathy in effective communication emotional intelligence in relationships.
- Active listening techniques to enhance understanding and trust developing emotional intelligence.
- Building strong relationships through emotional awareness and effective communication emotional intelligence in business.
- Mastering non-verbal communication and its influence.
- Group activities to practice empathy in real-world scenarios.

Day 4: Conflict Resolution and Effective Communication

- Identifying sources of conflict in the workplace and understanding how lack of emotional intelligence can escalate issues.
- Techniques for managing and resolving conflicts with emotional intelligence how to improve emotional intelligence.
- Collaborative problem-solving and negotiation skills based on emotional understanding emotional intelligence training for employees.
- Applying emotional intelligence to diffuse tension and build harmony.
- Role-playing exercises for real-world conflict resolution scenarios.

Day 5: Fostering an Emotionally Intelligent Workplace

- Creating a positive work environment through emotional intelligence emotional intelligence at work.
- Promoting teamwork, collaboration, and mutual respect emotional intelligence training for leaders.
- Encouraging emotional awareness across teams and departments emotional intelligence training.
- Leadership strategies for emotionally intelligent management emotionally intelligent leadership.
- Case studies and group discussions on successful applications of EI in business settings.

Why Attend this Course: Wins & Losses!

- Master the key principles of Emotional Intelligence to communicate effectively emotional intelligence course.
- Enhance interpersonal skills that boost teamwork and collaboration emotional intelligence in relationships.
- Learn conflict resolution techniques to maintain harmony in the workplace how to be emotionally intelligent.
- Foster a positive work environment that improves productivity and morale emotional intelligence in business.
- Develop emotionally intelligent leadership that inspires and motivates teams emotional intelligence in leadership.

Conclusion

Emotional Intelligence is a powerful tool for transforming workplace dynamics and boosting personal effectiveness. By mastering EI, participants can improve their communication skills, manage conflicts smoothly, and create

A graphic of a chessboard with several chess pieces. A large gold king piece is in the foreground, with a silver pawn and a silver knight behind it. The board is white and black squares. In the background, there are concentric circles.

UK Training
PARTNER



positive, productive work environments.

This course empowers participants with practical strategies to navigate emotional challenges and lead with empathy, resulting in stronger teams and greater organizational success.

UK Training
PARTNER

Head Office: +44 7480 775 526
Email: Sales@blackbird-training.com
Website: www.blackbird-training.com



Blackbird Training Cities

Europe



Malaga (Spain)



Sarajevo (Bosnia and Herzegovina)



Oporto (Portugal)



Glasgow (Scotland)



Edinburgh (UK)



Oslo (Norway)



Annecy (France)



Bordeaux (France)



Copenhagen (Denmark)



Birmingham (UK)



Lyon (France)



Moscow (Russia)



Stockholm (Sweden)



Podgorica (Montenegro)



Batumi (Georgia)



London (UK)



Istanbul (Turkey)



Amsterdam



Düsseldorf (Germany)
(Switzerland)



Paris (France)



Athens (Greece)



Barcelona (Spain)



Munich (Germany)



Geneva



Prague (Czech)



Vienna (Austria)



Rome (Italy)



Brussels



Madrid (Spain)



Berlin (Germany)



Lisbon (Portugal)



Zurich



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



Tokyo (Japan)



Jeddah (KSA)



Riyadh (KSA)



Melbourne (Australia)
Korea



Phuket (Thailand)



Dubai (UAE)



Kuala Lumpur (Malaysia)



Kuwait City (Kuwait)



Seoul (South)



Pulau Ujong (Singapore)



Irbid (Jordan)



Jakarta (Indonesia)



Amman (Jordan)



Beirut

UK Training
PARTNER

Blackbird Training Cities

AFRICA



Kigali (Rwanda)



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

 MANNAI CORPORATION MANNAI Trading Company WLL, Qatar	 GAC UNE FILIALE D' EGA Alumina Corporation Guinea	 Booking.com Booking.com Netherlands	 OXFAM Oxfam GB International Organization, Yemen	 Capital Markets Authority Kuwait
 Waltersmith Waltersmith Petroman Oil Limited Nigeria	 QNB Qatar National Bank (QNB), Qatar	 Qatar Foundation Qatar	 AFRICAN UNION ADVISORY BOARD ON CORRUPTION Tanzania	 KFAS KFAS Kuwait
 Reserve Bank of Malawi Malawi	 Central Bank of Nigeria Nigeria	 Ministry of Interior Kingdom of Saudi Arabia KSA	 Mabruk Oil Company Libya	 Saudi Electricity Company KSA
 BPKH Badan Pengelola Keuangan Haji BADAN PENGELOLA KEUANGAN Haji, Indonesia	 NATO Italy Italy	 ENI ENI CORPORATE UNIVERSITY, Italy	 GULF BANK Gulf Bank Kuwait	 General Organization for Social Insurance KSA
 Defence Space Administration Nigeria	 National Industries Group (Holding) Kuwait	 Hamad Medical Corporation Qatar	 USAID Pakistan	 STC STC Solutions, KSA
 North Oil Company North Oil company,	 EKO Electricity EKO Electricity	 OMAN BROADBAND Oman Broadband	 UNITED NATIONS UN,	 Authority for Electricity Regulation, Oman Authority for

UK Training
PARTNER

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)
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



 International House 185 Tower Bridge
Road London SE1 2UF United Kingdom

 +44 7401 1773 35
+44 7480 775526

 Sales@blackbird-training.com

 www.blackbird-training.com

UK Training
PARTNER

