

Emotional Intelligence for Personal & Professional Excellence

Milan (Italy)

22 - 26 March 2027

UK Training

PARTNER



Emotional Intelligence for Personal & Professional Excellence

Code: PS32 From: 22 - 26 March 2027 City: Milan (Italy) Fees: 5200 Pound

Introduction

Emotional Intelligence EI is no longer optional in the modern workplace—it's a foundational skill for achieving professional excellence and personal balance. This course empowers professionals with actionable tools to harness the power of emotions in communication, leadership, conflict resolution, and team building. Designed for executives, team leaders, and specialists across government and private sectors in the MENA region, the course provides a practical roadmap to applying emotional intelligence in leadership, work relationships, and decision-making to boost both individual and organizational performance.

Course Objectives

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

- Understand the five core components of Emotional Intelligence EI.
- Recognize how emotions influence decision-making, relationships, and performance.
- Develop self-awareness and strategies for self-regulation.
- Enhance empathy and interpersonal communication at work.
- Apply emotional intelligence techniques to real-life personal and professional situations.
- Strengthen leadership and team management through EI.
- Reduce stress and improve workplace well-being.

Course Outlines

Day 1: Foundations of Emotional Intelligence

- What is Emotional Intelligence, and why does it matter?
- Goleman's Five Components of EI.
- The neuroscience of emotions.
- Personal and professional benefits of emotional intelligence.
- Self-assessment: evaluating your current EI level.

Day 2: Self-Awareness & Self-Regulation

- Identifying emotional triggers.
- Expanding emotional vocabulary.
- Techniques to manage emotional reactions.
- Cultivating composure and self-control.
- Practical mindfulness and reflection exercises.

Day 3: Motivation and Personal Drive

- Understanding intrinsic vs. extrinsic motivation.

A graphic of a chessboard with several chess pieces. A large gold king piece is in the foreground, with a silver pawn and a gold pawn behind it. The text 'UK Training PARTNER' is overlaid on the board.

UK Training
PARTNER

- Aligning emotions with personal and professional goals.
- Managing inner dialogue and negative self-talk.
- Building resilience and a growth mindset.
- Tools to sustain long-term motivation.

Day 4: Empathy and Social Awareness

- The role of empathy in successful relationships.
- Active listening for emotional understanding.
- Reading non-verbal cues and emotional expressions.
- Navigating emotions in cross-cultural environments.
- Establishing trust and mutual respect within teams.

Day 5: Relationship Management & Emotionally Intelligent Leadership

- Leading with emotional intelligence.
- Conflict resolution using emotional awareness.
- Constructive feedback delivery and reception.
- Building emotionally intelligent teams.
- Creating a supportive and emotionally aware workplace culture.

Why Attend this Course: Wins & Losses!

- Build critical emotional intelligence skills for success.
- Improve communication and reduce workplace conflict.
- Lead teams with empathy and clarity.
- Make smarter, emotion-aware decisions.
- Enhance professional performance and reduce burnout.
- Foster a collaborative and respectful work environment.
- Increase resilience and stress management capacity.
- Achieve stronger relationships in and outside work.

Conclusion

Emotional Intelligence is a vital asset in today's dynamic professional landscape. Whether you're a seasoned executive or an emerging leader, developing EI will empower you to inspire others, lead with empathy, and achieve sustainable success.

This course offers more than just theory—it equips you with practical frameworks and personalized strategies to enhance performance and create emotionally intelligent teams and cultures.

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
 WS Waltersmith Petroman Oil Limited Nigeria	 QNB Qatar National Bank (QNB), Qatar	 Qatar Foundation Qatar	 AFRICAN UNION ADVISORY BOARD ON CORRUPTION Tanzania	 KFAS مؤسسة الكويت للتقدم العلمي Kuwait Foundation for the Advancement of Sciences KFAS Kuwait
 Reserve Bank of Malawi Malawi	 Central Bank of Nigeria Nigeria	 Ministry of Interior Kingdom of Saudi Arabia Ministry of Interior, KSA	 Mabruk Oil Company Libya	 Saudi Electricity Company KSA
 BPKH Badan Pengelola Keuangan Haji BADAN PENGELOLA KEUANGAN Haji, Indonesia	 NATO Italy	 eni ENI CORPORATE UNIVERSITY, Italy	 GULF BANK Gulf Bank Kuwait	 General Organization for Social Insurance KSA
 Defence Space Administration Nigeria	 الصناعات الوطنية (القابضة) National Industries Group (Holding), Kuwait	 مؤسسة حمد الطبية Hamad Medical Corporation Hamad Medical Corporation, Qatar	 USAID Pakistan	 STC STC Solutions, KSA
 North Oil Company North Oil company,	 EKO EKO Electricity	 OMAN BROADBAND Oman Broadband	 UNITED NATIONS UN.	 هيئة تنظيم الكهرباء - عمان 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)
Sustainability, ESG & Corporate Responsibility
Advanced Courses
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