



course : Emotional Intelligence: EQ for Innovative Leadership and Corporate Teamwork

City :	Riyadh	Hotel :	Four Seasons Hotel Riyadh at Kingdom Centre
Start Date :	2025-11-23	End Date :	2025-11-27
Period :	1 Week	Price :	3950 \$

Course Overview

Understanding human emotions and feelings are crucial for successful management, and it requires not only a high IQ but a high level of emotional intelligence (EQ). A true leader has to understand the impact of emotions on the performance as well as be able to handle the feelings of both himself and others. As the pace of the world increases, and our environment makes more and more demands on our cognitive, emotional, and physical resources, Emotional Intelligence is an increasingly critical skill set for a true Leader.

Emotional Intelligence: EQ for Innovative Leadership and Corporate Teamwork training course materials and provides participants with the competencies required to improve their Emotional Intelligence (EI) on their way to becoming unexcelled Leaders.

Participants explore the importance of EI at both professional and social levels; they master the art of understanding others' feelings and the ways to increase the effectiveness of their relationships at work and in life. You'll study how to maintain positive collaborative relationships and overcome resistance and negativity. The course also covers various tools and techniques to help you perform your role as a Leader and manage emotions with confidence.

Course Objectives

At the end of Emotional Intelligence: EQ for Innovative Leadership and Corporate Teamwork training course, you will be able to :

- Develop interpersonal skills such as self-awareness, which is the ability of an individual to recognize and understand one's moods, emotions and drives as well as their impact on others
- Cultivate empathy or the ability to understand the emotional make-up of other people and skill in responding according to their emotional reactions
- Develop interpersonal skills which indicate the individual's proficiency in managing relationships and building networks
- Develop skills in responding to criticisms and adversity
- Leadership strategies for working with others towards shared goals

Target Audience

Emotional Intelligence: EQ for Innovative Leadership and Corporate Teamwork training course, is ideal for:

All managers, leaders and professionals who need to have in-depth knowledge of human behaviours
Anyone who is interested in developing themselves to be a better leader and manager
Individuals who desire to apply psychological knowledge to result in management and leadership strategies
Individuals who wish to understand their emotions and how it affects those around them and their productiveness in the workplace

Methodology

Interactive Presentations: Explain key EQ concepts and frameworks.

Case Studies: Analyze real workplace scenarios and leadership challenges.

Self-Assessment & Reflection: Evaluate personal EQ competencies.

Group Exercises & Team Activities: Enhance collaboration and emotional awareness.

Practical Application: Apply EQ in decision-making, conflict resolution, and leadership.

Feedback & Coaching: Immediate guidance to reinforce learning and skill development.

Course Outline

Day 1: Introduction to Emotional Intelligence

- Definition of Emotional Intelligence Quotient (EQ).
- Intrapersonal and interpersonal skills.
- Role of EQ in workplace performance and teamwork.
- Understanding personality differences to foster innovative teamwork.
- Removing blocks to effective teamwork using EQ.

Day 2: Developing Your Emotional Skills

- Understanding EQ competencies.
- Recognizing one's emotions and their effects.
- Accurate self-assessment for personal transformation.
- Identifying strengths and weaknesses.
- Building self-confidence and trustworthiness.

Day 3: Applying Emotional Skills

- Awareness of emotional expressions and managing them effectively.
- Emotions and decision-making.
- Idea generation and problem-solving through EQ.
- Developing emotional imagination.
- Getting things done through people and managing workplace anger.

Day 4: Developing Teamwork for Managerial Success

- Assessing your leadership style.
- Value-based and accountable leadership.
- Delegation, empowerment, and working towards shared goals.
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- Listening openly and sending convincing messages.
- Building effective teams and creating synergy.

Day 5: Emotionally Intelligent Manager Leadership Strategies

- Inspiring and guiding individuals and teams.
- Instituting and managing organizational change.
- Nurturing relationships and fostering collaboration.
- Developing an action plan for applying EQ in leadership roles.
- Course summary, key takeaways, and evaluation.