

EQ UPGRADE: EMOTIONAL INTELLIGENCE 2.0

Start Date:	08/09/2025	End Date:	12/09/2025
Categories:	Soft Skills	Venues:	London
Formats:	In Person	Instructors:	

OVERVIEW

This high-impact course takes emotional intelligence beyond the basics, equipping participants with techniques to lead, communicate, and collaborate more effectively using deeper emotional awareness and regulation tools.

OBJECTIVES

By the end of this course, participants will be able to: - Identify and manage their emotional patterns and reactions. - Interpret emotional cues in others with empathy. - Navigate conflict and high-emotion conversations constructively. - Apply EQ to motivate, coach, and lead teams. - Strengthen decision-making through emotional awareness.

COURSE OUTLINE

1- The Science and Business Case for EQ 2- Self-Awareness and Emotional Triggers 3- Self-Regulation and Emotional Agility 4- Empathy, Conflict, and Relationship Management 5- Applying EQ to Leadership and Collaboration

TARGET AUDIENCE

Managers, team leads, HR professionals, and anyone seeking to improve their emotional impact at work.

METHODOLOGY

EQ self-assessments, role play, coaching labs, mindfulness exercises, and feedback sessions.

CONCLUSION

Participants will enhance their ability to lead themselves and others with greater emotional insight and interpersonal effectiveness.

DAILY AGENDA

Day 1: EQ Foundations and Self-Awareness

Understand EQ elements and assess emotional patterns and reactions.

Day 2: Emotional Self-Regulation

Learn techniques to manage emotions under stress and pressure.

Day 3: Empathy and Communication

Decode emotional cues and engage in emotionally intelligent conversations.

Day 4: Navigating Conflict with EQ

Apply EQ tools to defuse tension and strengthen relationships.

Day 5: EQ for Leadership and Influence

Incorporate EQ into coaching, decision-making, and cultural influence.

Page 2 of 3

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