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SELF-AWARENESS AND LEADERSHIP EQ

Start Date:	12/10/2026	**End Date:**	16/10/2026
Categories:	Leadership Development	**Venues:**	London
Formats:	In Person	**Instructors:**	

OVERVIEW

This course equips leaders with emotional intelligence skills to enhance self-awareness, strengthen relationships, and lead with authenticity. Participants will explore how EQ impacts communication, resilience, and influence.

OBJECTIVES

By the end of this course, participants will be able to: – Understand the five domains of emotional intelligence (EQ) and their relevance to leadership. – Increase self-awareness through reflection and feedback. – Manage emotional triggers and increase resilience. – Build stronger relationships through empathy and social awareness. – Use EQ to lead with authenticity and presence.

COURSE OUTLINE

1- Emotional Intelligence and Why It Matters in Leadership 2- Deepening Self-Awareness and Emotional Insight 3- Self-Regulation and Building Emotional Resilience 4- Social Awareness, Empathy, and Leadership Presence 5- Applying EQ in Feedback, Conflict, and Coaching

TARGET AUDIENCE

All Supervisory Levels, Leaders, managers, HR professionals, and high-potential employees looking to improve emotional awareness and interpersonal effectiveness.

METHODOLOGY

EQ self-assessments, journaling, peer feedback, scenario analysis, case studies, coaching practice, and emotional regulation labs.

CONCLUSION

Participants will leave with a personal EQ development plan and the skills to lead with emotional clarity, empathy, and presence.

DAILY AGENDA

Day 1: EQ Essentials

Explore the five components of EQ and how they impact leadership.

Day 2: Know Yourself to Lead Yourself

Deepen awareness of your triggers, tendencies, and emotional patterns.

Day 3: Manage Your Energy

Practice tools to regulate emotions and stay grounded under pressure.

Day 4: Empathy in Action

Use social awareness and presence to connect and lead.

Day 5: EQ at Work

Apply EQ to coaching, feedback, conflict, and motivation.

For more information, please contact us:
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