Email: info@gatewayconsulting.com | Phone: +96522968641
https://gatewayconsulting.com

THE SCIENCE OF EMOTIONAL INTELLIGENCE

Start Date:	07/03/2027	**End Date:**	11/03/2027
Categories:	Wellbeing & Personal Dev	**Venues:**	Dubai
Formats:	In Person	**Instructors:**	

OVERVIEW

Emotional intelligence (EI) is a scientifically grounded skillset that underpins resilient, collaborative, and high-performing workplace cultures. This course delves into the neurobiological and psychological mechanisms behind our emotions and equips participants with the tools to understand, manage, and channel them effectively. Designed for today’s complex work environments, the training blends cognitive science with behavioral techniques to develop emotionally intelligent individuals who enhance both personal wellbeing and team dynamics.

OBJECTIVES

By the end of this course, participants will be able to: – Define emotional intelligence and understand its scientific underpinnings – Develop self-awareness through emotion recognition and life-mapping exercises – Understand how emotions are shaped by perception, memory, and social factors – Apply cognitive-behavioral and ACT techniques to regulate emotional responses – Decode social cues and respond empathetically in team interactions – Cultivate emotionally intelligent conversations through reflective listening and mirroring – Create psychologically safe, inclusive, and emotionally attuned team environments

COURSE OUTLINE

Emotional Intelligence and the Neuroscience of Emotions The Role of Self-Awareness in Emotional Regulation Cognitive Tools to Navigate Internal Triggers Social Intelligence: Reading and Understanding Colleagues Responding with Empathy and Building Connection in Teams

TARGET AUDIENCE

This course is ideal for All Supervisory Levels, middle management professionals across departments—project leads, operations managers, team supervisors, and department heads—seeking to strengthen emotional intelligence to improve collaboration, leadership effectiveness, and team morale.

METHODOLOGY

This program emphasizes deep experiential learning grounded in cognitive and behavioral science. Through immersive role plays, scenario-based simulations, guided group discussions, gamified

emotion-mapping, and reflective journaling, participants will internalize emotional intelligence concepts at both a theoretical and applied level. Group exercises like emotion constellation mapping, and live coaching simulations foster empathy and interpersonal trust. Individual tools—such as RAIN, emotion cycles, and belief-mapping—encourage personal growth and emotional literacy. Every session is designed to ignite both introspection and collective insight.

CONCLUSION

Participants will leave with a science-informed, actionable framework for building emotional intelligence, enabling them to respond to stress, collaboration challenges, and interpersonal dynamics with clarity, empathy, and resilience.

DAILY AGENDA

Day 1: Mastering the Emotional Self

Explore the foundations of emotional intelligence by identifying and understanding your emotional patterns through neuroscience and life-mapping exercises.

Day 2: Rewiring Emotional Triggers

Dive into the origins of emotions and learn evidence-based techniques from CBT and ACT to regulate internal responses and transform self-talk.

Day 3: Decoding Social Signals

Enhance social intelligence by learning to recognize and interpret colleagues' emotional cues through role plays, constellation exercises, and reflective listening.

Day 4: Building Emotionally Intelligent Relationships

Apply empathy-based communication tools and response methodologies to foster connection, inclusion, and trust in real-world team dynamics.

Day 5: Embedding Emotional Intelligence into Daily Leadership & Culture

Integrate emotional intelligence into everyday habits, team dynamics, and organizational rituals to cultivate a culture of empathy, accountability, and sustainable performance.

For more information, please contact us:
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