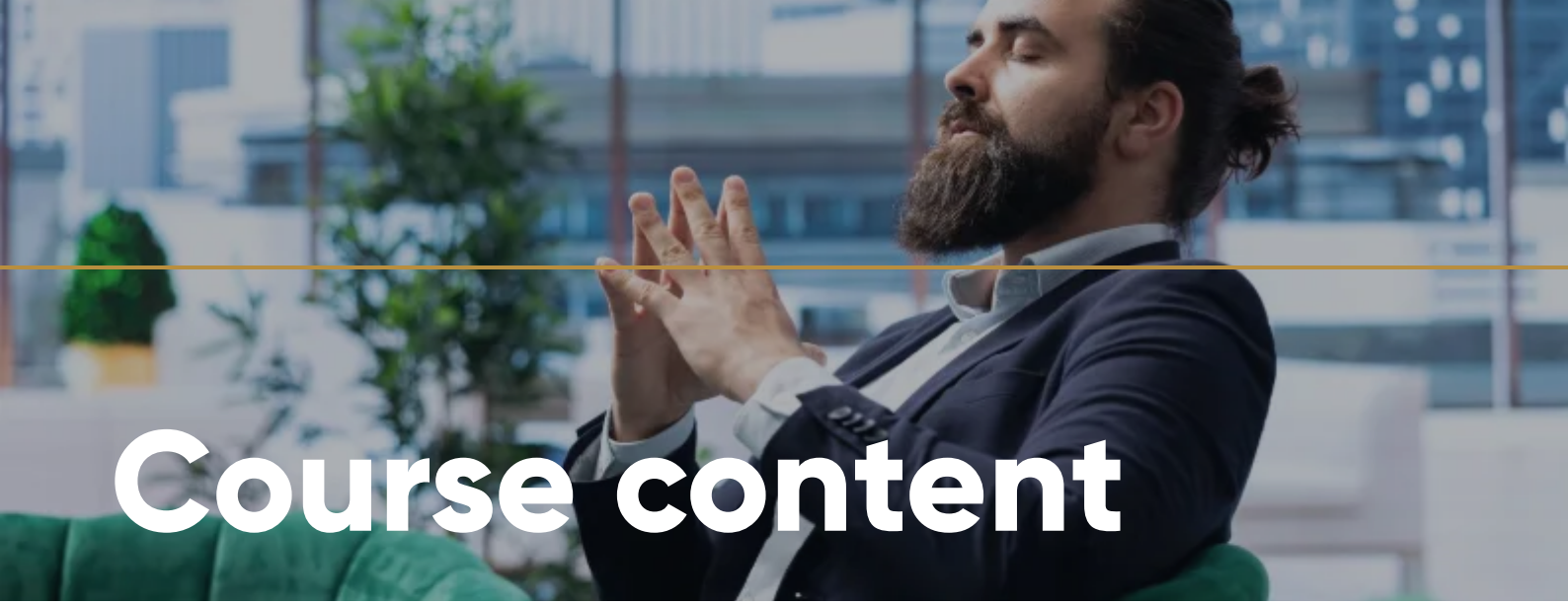
informatech

LEADERSHIP AND MANAGEMENT | LM-017

Leadership and Emotional Intelligence

UK
+44 33 000 111 90
info@informatech.co.uk
https://informatech.uk
63-66 Hatton Garden Hatton Garden
EC1N 8LE , London

NL
+31 85 74 444 46
info@infomatech.nl
https://infomatech.nl
Waarderweg 50 - 2031PB
Haarlem - Netherlands



Course content

Why Attend

Why Attend Effective leadership depends not only on technical knowledge and authority, but also on emotional intelligence. Leaders with strong emotional intelligence build trust, inspire teams, manage pressure, resolve conflicts, and create positive workplace cultures. This course provides participants with practical tools to strengthen self-awareness, self-management, social awareness, and relationship management for stronger leadership impact.

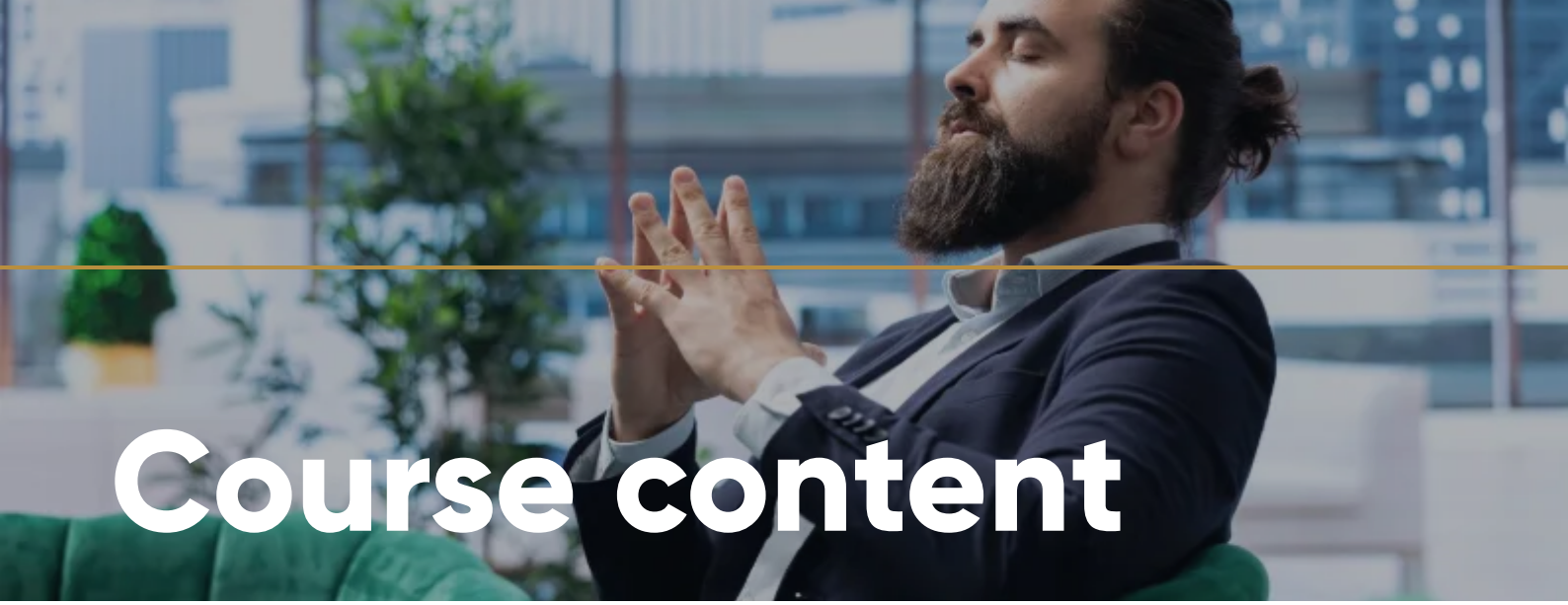
Course Methodology This course uses an interactive and practical approach through presentations, self-assessments, case studies, group discussions, role plays, leadership exercises, and real workplace examples.

Course Objectives

- Understand the relationship between leadership and emotional intelligence
- Develop self-awareness and emotional control
- Improve resilience and personal motivation
- Strengthen empathy and social awareness
- Build trust and credibility with teams
- Handle conflict constructively
- Improve communication and feedback skills
- Enhance overall leadership effectiveness

Target Audience

- Managers and Supervisors
- Team Leaders
- Department Heads
- HR Professionals



Course content

Target Audience

- Project Managers
- Emerging Leaders
- Anyone seeking to improve leadership effectiveness

Target Competencies

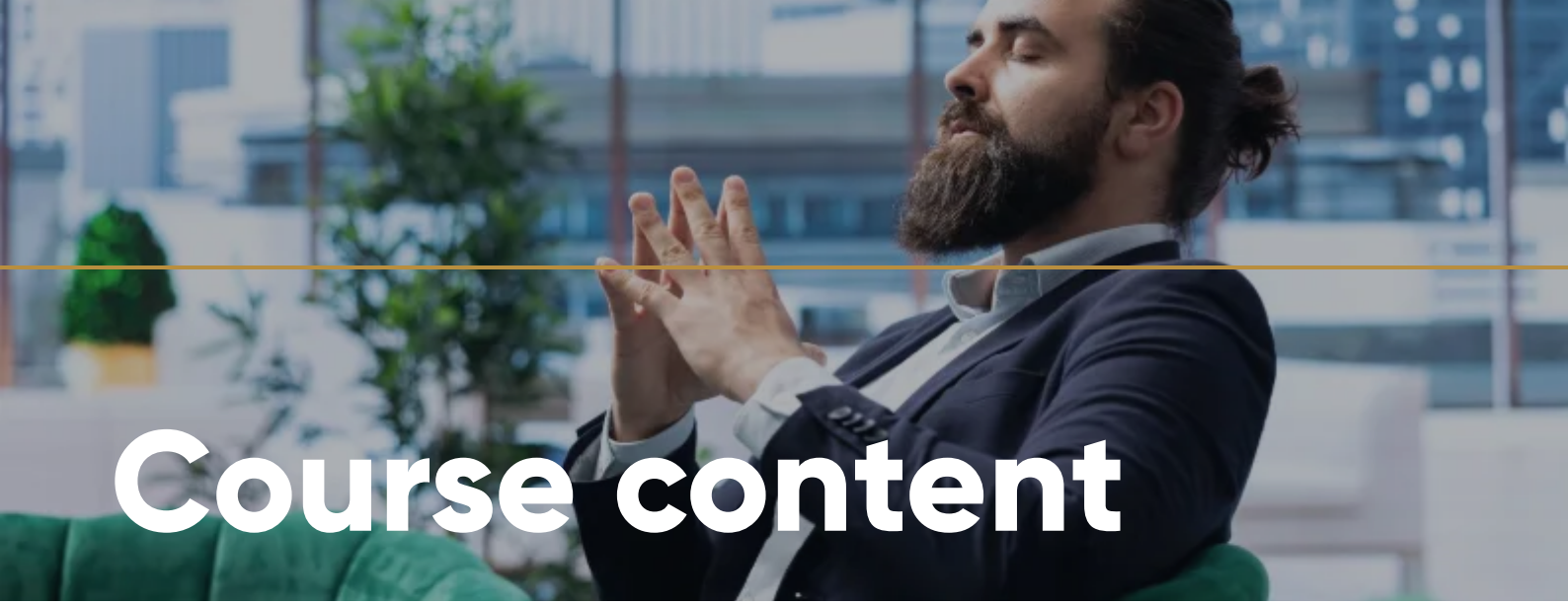
- Emotional Intelligence
- Leadership Skills
- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Management
- Conflict Resolution
- Communication Skills

Course outline

Day 1: Relationship Between Leadership and Emotional Intelligence

- Introduction to emotional intelligence and its components
- Role of emotional intelligence in leadership effectiveness
- Emotional intelligence competencies for leaders
- Connection between emotions, behaviors, and leadership outcomes
- Examples of emotionally intelligent leaders and their outcomes
- Building leadership impact through emotional intelligence

Day 2: Developing Self-Awareness in Leaders



Course content

Course outline

- Recognizing emotions and their influence
- Understanding personal strengths and weaknesses
- Assessing triggers and reactions
- Developing emotional vocabulary
- Seeking and utilizing feedback
- Building continuous self-awareness habits

Day 3: Developing Self-Management in Leaders

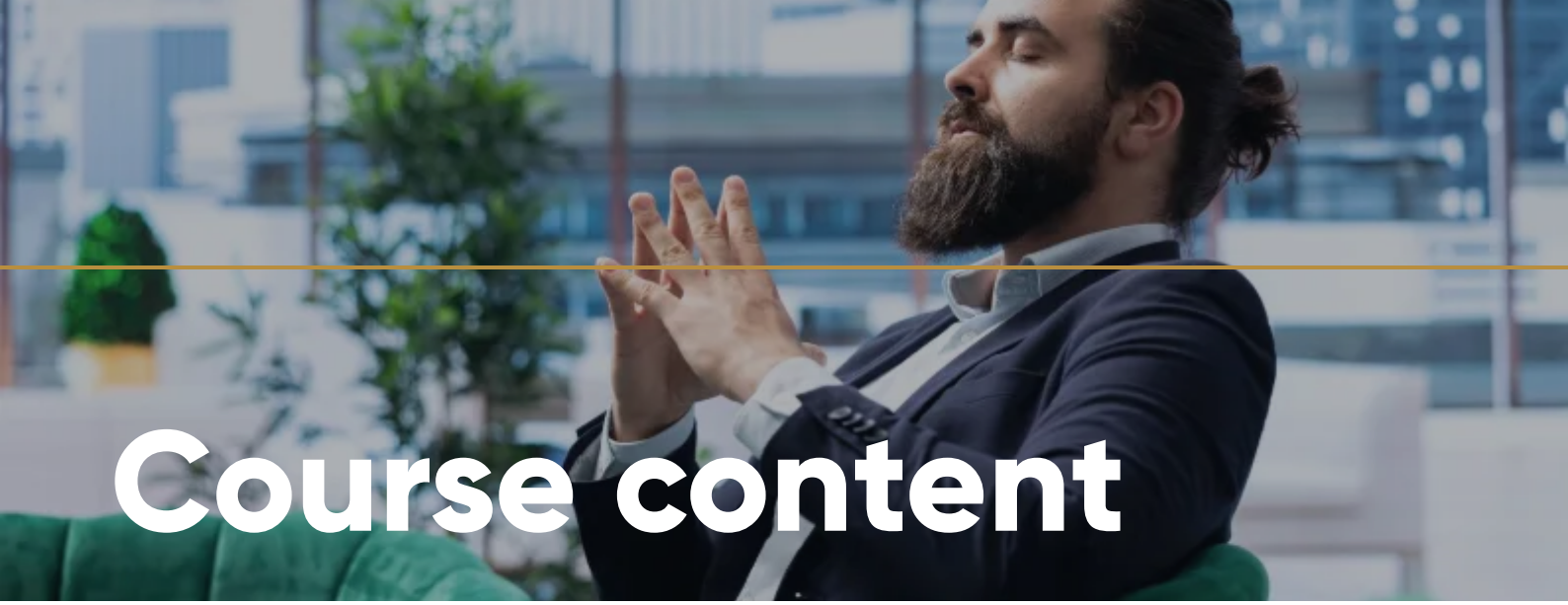
- Managing emotions effectively
- Managing impulses and reactions
- Developing a positive attitude
- Cultivating intrinsic motivation
- Developing a mental recharge
- Leading calmly under pressure

Day 4: Developing Social Awareness in Leaders

- Recognizing and interpreting nonverbal cues
- Engaging in active listening
- Recognizing emotional states in others
- Expressing empathy and compassion
- Observing and understanding group dynamics
- Improving team connection and understanding

Day 5: Developing Relationship Management in Leaders

- Developing trust and credibility



Course content

Course outline

- Providing constructive feedback
- Handling conflicts constructively
- Promoting team cohesion and synergy
- Offering emotional support in difficult times
- Promoting effective relationship management
- Final workshop: Personal emotional intelligence leadership plan

Seminar dates

Available seminar dates

Live dates and pricing for Leadership and Emotional Intelligence generated from the course details page.

Date	Location	Format	Fee
15 - 19 June 2026	London - U.K	Classroom	**€4,200.-**
20 - 24 July 2026	Munich - Germany	Classroom	**€3,450.-**
3 - 7 August 2026	Kuala lumpur - Malaysia	Classroom	**€2,250.-**
7 - 11 September 2026	Amsterdam - Netherlands	Classroom	**€4,250.-**
12 - 16 October 2026	London - U.K	Classroom	**€4,200.-**
9 - 13 November 2026	Munich - Germany	Classroom	**€3,450.-**
14 - 18 December 2026	Barcelona - Spain	Classroom	**€3,850.-**

Live online option	Online delivery is available at €1,850.-.