



Leading with Emotional Intelligence: Psychology of Leadership Conference

2 – 6 November 2026
Barcelona (Spain)



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Ref: 8150_250583 **Date:** 2 – 6 November 2026 **Location:** Barcelona (Spain) **Fees:** 5600 Euro

Introduction:

Recent studies indicate that emotional intelligence is a powerful key to effective leadership. This emotional intelligence leadership conference delivers in-depth knowledge and practical emotional intelligence training to ensure you are a strong, emotionally intelligent leader.

You will learn how to apply emotional intelligence to specific leadership situations to gain the authority and success you strive for as a leader. This emotional intelligence leadership conference includes discussing the impact of emotional intelligence on leadership training and sharing methods that enhance emotional intelligence for leaders' training.

Targeted Groups:

- Managers, Supervisors, and Team Leaders.
- Employees aim to gain important skills to improve their careers and life.
- This training suits all staff across all departments and levels, including those seeking emotional intelligence training for managers.

Conference Objectives:

At the end of this emotional intelligence leadership conference, the participants will be able to:

- Gain an honest and accurate awareness of themselves.
- Monitor and adapt their emotions and behaviors for their benefit and that of their team and department.
- Have a positive influence on the emotions and motivation of others
- Develop cohesive, emotionally intelligent teams.
- Create an atmosphere that fosters emotional intelligence.
- Show adaptability in dealing with different personalities.
- Understand and apply the psychology of leadership.
- Improve teamwork and teambuilding skills through greater emotional intelligence.
- Enhance cooperation through better relationship-building skills.
- Develop an emotionally intelligent work environment.
- Learn how to cultivate emotional intelligence competencies.
- Understand the different personality styles.

Targeted Competencies:

At the end of this emotional intelligence leadership conference, the target competencies will:

- Leadership skills.
- Team management.
- Emotional intelligence.
- Communication skills.

Emotional Intelligence Leadership Workshop:

This emotional intelligence leadership workshop incorporates the key aspects of leading with emotional intelligence training. It caters to those seeking a comprehensive understanding of how emotional intelligence enhances leadership capabilities. Participants will engage in practical exercises to improve their emotional intelligence skills, fostering a work environment conducive to high performance and collaborative leadership.

Emotional Intelligence and Leadership Training in Action Conference Content:

Unit 1: Introduction to Emotional Intelligence:

- Understand emotional intelligence and its components.
- Know the significance of EQ to effective leadership.
- Importance of perception.
- Attitudes and behavior of leaders.
- Understand the consequences of low EQ on personal effectiveness.
- Remove emotional blindspots.

Unit 2: Psychology of Leadership:

- Theories of leadership.
- Importance of self-concept.
- Understand personality styles.
- Optimize our personality strengths.
- Overview of adaptability in dealing with different personalities.
- Task vs. relationship-oriented leadership.

Unit 3: Apply Psychology in Leading in an Emotionally Intelligent Way:

- Enhance self-awareness.
- Empathy: Increase your level of social awareness.
- Delegate tasks and responsibilities.
- Influence and inspire people.
- Identify personality disorders.
- Manage difficult behavior and poor performance.

Unit 4: Building an Emotionally Intelligent Team based on Psychological Principles:

- Know the importance of EQ to team effectiveness.
- Motivate a high-performance team.
- Build unified teams.
- EQ for building trusting relationships.
- Conflict resolution for promoting consensus and collaboration.
- Increase the EQ of your teams and the entire organization.

Unit 5: Communication for Successful Leadership:

- Give and receive feedback.
- Psychology of persuasion.
- Create an inspiring vision.
- Solve people's problems at work.
- Non-alienation for high EQ leadership.
- Develop leadership integrity.