



Leading with Emotional Intelligence: Psychology of Leadership

12 – 16 October 2026
Lisbon (Portugal)



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Introduction:

Recent studies indicate that emotional intelligence is a powerful key to effective leadership. The leading with emotional intelligence course delivers in-depth knowledge and practical skills, ensuring you are a strong, emotionally intelligent leader.

You will also learn to apply emotional intelligence in specific leadership situations to gain the authority and success you strive for, making this an essential emotional intelligence course outline for any aspiring leader.

Targeted Groups:

- Managers, supervisors, and team leaders.
- Employees who aim to gain essential skills to improve their career and life.
- Also, this leading with an emotional intelligence course is suitable for all staff members from all departments and levels, being comprehensive emotional intelligence training for managers and other leadership roles.

Course Objectives:

At the end of this emotional intelligence for leaders training course, 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 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 thoroughly.
- Improve teamwork and team-building 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:

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

Course Content:

Unit 1: Introduction to Emotional Intelligence:

- Understanding emotional intelligence and its components.
- Significance of EQ to effective leadership.
- Importance of perception.
- Attitudes and behavior of leaders.
- Consequences of low EQ on personal effectiveness.
- Removing emotional blindspots.

Unit 2: Psychology of Leadership:

- Theories of leadership.
- Importance of self-concept.
- Understanding personality styles.
- Optimizing our personality strengths.
- Adaptability in dealing with different personalities.
- Task vs. relationship-oriented leadership.

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

- Enhancing self-awareness.
- Empathy: Increase your level of social awareness.
- Delegating tasks and responsibilities.
- Influencing and inspiring people.
- Identifying personality disorders.
- Managing challenging behavior and poor performance.

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

- The EQ is Important to team effectiveness.
- Motivating a high-performance team.
- Building unified teams.
- EQ for building trusting relationships.
- Conflict resolution for promoting consensus collaboration.
- Increase the EQ of your teams and the entire organization.

Unit 5: Communication for Successful Leadership:

- Giving and receiving feedback.
- Psychology of persuasion.
- Creating an inspiring vision.
- Solving people's problems at work.
- Non-alienation for high EQ leadership.
- Developing leadership integrity.

Enhancing Leadership through Emotional Intelligence

Leading with an emotional intelligence course, participants will delve into the nuances of emotional intelligence leadership training, learning to sharpen their own EQ and fostering the same in their teams. It's a transformative journey that reshapes how one approaches leadership training and emotional intelligence, ultimately laying the groundwork for a resilient, adaptive, and emotionally aware leadership style.