



LEADERSHIP AND MANAGEMENT

Leadership and Emotional Intelligence

Course code: LM-017

SPARK TRAINING

Professional training courses for leaders, specialists, and organizations seeking practical capability development.

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— Workshop Overview

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.

Why Attend

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

Who Should Attend

Managers and Supervisors
Team Leaders
Department Heads
HR Professionals
Project Managers
Emerging Leaders
Anyone seeking to improve leadership

— Learning 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

— 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

- 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
- 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

— Upcoming Classroom Dates

DATE	LOCATION	FEE
12 - 16 October 2026	London - United Kingdom	€2,100
9 - 13 November 2026	Munich - Germany	€1,725
14 - 18 December 2026	Barcelona - Spain	€1,925
18 - 22 January 2027	London - United Kingdom	€2,100
15 - 19 February 2027	Munich - Germany	€2,125
15 - 19 March 2027	Kuala Lumpur - Malaysia	€1,400
19 - 23 April 2027	Amsterdam - Netherlands	€2,125
17 - 21 May 2027	London - United Kingdom	€2,100

— Certificate and Registration

Participants who attend and complete the full programme receive a SPARK Training Certificate of Completion. For registration, in-house delivery, or availability questions, contact info@sparktraining.eu or +31 85 115 0004.