



*Training Course:
Leading with Emotional Intelligence: Psychology
of Leadership*

*30 November - 4 December 2026
Lisbon (Portugal)*

Training Course: Leading with Emotional Intelligence: Psychology of Leadership

Training Course code: LS1103 From: 30 November - 4 December 2026 Venue: Lisbon (Portugal) - Training Course Fees: 6050 € Euro

Introduction

Gain the ability to recognize and positively manage emotions in yourself, others, and groups!

Recent studies indicate that emotional intelligence EQ is a powerful key to effective leadership. This valuable seminar provides in-depth knowledge and practical skills to ensure that you are a strong, emotionally intelligent leader. You will also learn how to apply emotional intelligence to specific leadership situations, gaining the authority and success you strive for as a leader.

Objectives

By the end of this program, participants will be able to:

- Gain an honest and accurate awareness of themselves.
- Monitor and adapt their own 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.
- Demonstrate adaptability when dealing with different personalities.
- Understand and apply the psychology of leadership in various contexts.

Target Audience

- **Senior Executives and Directors**
Leaders at the organizational level responsible for fostering an emotionally intelligent culture.
- **Middle Managers and Team Leaders**
Managers seeking to enhance their leadership capabilities and emotional intelligence to lead high-performing teams.
- **HR and Organizational Development Professionals**
HR professionals focused on integrating emotional intelligence into leadership development programs.
- **Aspiring Leaders and High-Potential Employees**
Professionals preparing for leadership roles who want to enhance their emotional intelligence skills.
- **Business Consultants and Leadership Coaches**
Consultants and coaches working with organizations to enhance leadership effectiveness and team performance.

5-Day Training Outline

Day 1: Introduction to Emotional Intelligence

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

Day 2: Psychology of Leadership

- Theories of leadership
- The importance of self-concept in leadership
- Understanding personality styles
- Optimizing personality strengths in leadership
- Adaptability in dealing with different personalities
- Task versus relationship-oriented leadership styles

Day 3: Applying Psychology in Leading in an Emotionally Intelligent Way

- Enhancing self-awareness for better leadership
- Empathy: Increasing your level of social awareness
- Delegating tasks and responsibilities effectively
- Influencing and inspiring others through emotional intelligence
- Identifying personality disorders and managing them
- Managing difficult behavior and poor performance

Day 4: Building an Emotionally Intelligent Team Based on Psychological Principles

- The importance of EQ to team effectiveness
- Motivating a high-performance team through emotional intelligence
- Building unified teams with shared emotional intelligence
- Using EQ for building trusting relationships
- Conflict resolution to promote consensus & collaboration
- Increasing the EQ of your teams and organization

Day 5: Communication for Successful Leadership

- Giving & receiving feedback effectively
- The psychology of persuasion in leadership
- Creating an inspiring vision for the team
- Solving people problems at work with emotional intelligence
- Non-alienation for high EQ leadership
- Developing leadership integrity through emotional intelligence

Registration form on the Training Course: Leading with Emotional Intelligence: Psychology of Leadership

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