Management & leadership · ML90

Directing with Emotional Intelligence

Manama (Bahrain) · 29 Nov 2026 - 3 Dec 2026

Date	Venue	Duration
29 Nov 2026 - 3 Dec 2026	**Manama (Bahrain)**	**1 Week**
Fee	Ref	Language
£3,650 GBP	**ML90**	**English**

Introduction

This course will help you develop greater self-awareness and better emotional self-management. According to recent research, emotional intelligence is a powerful key to effective leadership. This course will undoubtedly assist you in developing the ability to recognize and manage emotions in yourself, others, and groups.

This training course provides you with the in-depth knowledge and practical skills you need to be an active, emotionally intelligent leader. You will also learn how to apply emotional intelligence to specific leadership situations to gain the authority and success you seek as a leader.

This training course will focus on:

- Promote intrapersonal skills of self-awareness and self-regulation
- Practice interpersonal skills of empathy and relational skills
- Manage emotional stress
- Develop wellness in our lives
- Be an innovative leader

Course Objectives of Directing with Emotional Intelligence

By the end of this training course, participants will be prepared to:

- Develop an accurate self-awareness of yourself
- Practice self-management
- Have a positive influence on the emotions and motivation of others
- Develop cohesive, emotionally intelligent teams
- Create an atmosphere that fosters emotional intelligence
- Understand and apply the psychology of leadership

Course Methodology of Directing with Emotional Intelligence

This course will combine presentations with interactive practical exercises, supported by video material and case studies. Delegates will be encouraged to participate actively in relating the

principles of emotional intelligence to the particular needs of their workplace.

Organizational Impact of Directing with Emotional Intelligence

Influence on the organization from the participants in attending this course includes the following profits:

- Healthier employees who can handle stress more effectively
- More effective leaders
- Improve teamwork and team-building skills through greater emotional intelligence
- Enhance cooperation through better relationship-building skills
- Develop an emotional intelligence work environment
- Innovative teams

Personal Impact of Directing with Emotional Intelligence

This course will personally benefit the participants to gain or enhance their understanding and knowledge through the following:

- Learn how to achieve better self-awareness
- Practice self-management
- Cultivate emotional intelligence competencies
- Effectively manage your own emotions & the emotions of others
- Personal growth as an emotionally intelligent leader
- Understand the different personality styles

Target Audience of Directing with Emotional Intelligence

Anyone who needs to make an emotionally healthy, productive workplace and organizational culture to enhance their effectiveness and their ability to form trusting relationships and manage their frustrations and those of others at work. This course will keep you current on recent, cutting-edge developments in leadership theory and practice, and help you better collaborate and manage conflict.

Course Outlines of Directing with Emotional Intelligence

DAY 1

Introduction to Emotional Intelligence

- Historical Roots of Emotional Intelligence (EQ)
- Importance of Perception
- Developing Self-awareness through Understanding Our Personality
- Using the LPI for Understanding Others
- Developing Openness to New Ideas Effectiveness

DAY 2

Psychology of Leadership

- Holistic Leadership
- Understanding Personality Styles for Teamwork
- Optimizing our Personality Strengths
- Managing our Emotional Stress
- High EQ Leadership

DAY 3

Apply Psychology in Leading in an Emotionally Intelligent Way

- Enhancing Self-awareness
- Empathy: Increase Your Level of Social Awareness
- Delegating Tasks and Responsibilities
- Managing Self and Leading Others
- Influencing and Inspiring People

DAY 4

Building an Emotionally Intelligent Team based on Psychological Principles

- Importance of EQ to Team Effectiveness
- Motivating a High-Performance Team
- Building Unified Teams
- Stages of Human Development
- EQ For Building Trusting Relationship

DAY 5

Communication for Successful Leadership

- Psychology of Persuasion
- Creating an Inspiring Vision
- How to Flow with Different Personality Styles
- Practicing Leadership Integrity
- Developing an Action Plan

Register or ask about this course online
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