Elevora
Global Training

COURSE BROCHURE

Emotional Intelligence for Leaders

Leadership & Management

Code	Duration	Formats	Language	Certificate
LM-104	**5 or 10 days**	**Classroom, live online, in-house, blended**	**English or Arabic**	**Certificate of completion**

A practical leadership and management course covering the five domains of emotional intelligence, self-awareness and self-regulation under pressure and empathy and reading people. Run as a 5-day core or 10-day extended programme, in 16 cities, live online or in-house, and fully customisable for your team.

About this course

Emotional Intelligence for Leaders gives delegates a structured, practical understanding of the five domains of emotional intelligence and self-awareness and self-regulation under pressure, then builds the skills to apply empathy and reading people, using EQ in difficult conversations and building an EQ development plan in real work. Sessions are led by practitioners with at least 15 years in the field.

Who should attend

Managers, heads of department, team leaders and high-potential staff preparing for broader leadership roles.

What you will learn

- The five domains of emotional intelligence
- Self-awareness and self-regulation under pressure
- Empathy and reading people
- Using EQ in difficult conversations
- Building an EQ development plan

5-day course outline

Day 1	**The five domains of emotional intelligence**	Concepts, standards and terminology, with a diagnostic exercise to baseline the group.
Day 2	**Self-awareness and self-regulation under pressure**	Methods and tools explained step by step, with worked examples from real operations.
Day 3	**Empathy and reading people**	Hands-on practice in small groups using realistic data, cases and templates.
Day 4	**Using EQ in difficult conversations**	Case studies of successes and failures, and how to apply the lessons in your organisation.
Day 5	**Building an EQ development plan**	Integration exercise, final knowledge check and a personal action plan.

10-day extended programme

Includes the full 5-day outline, plus a second week of applied work:

Day 6	**Applied workshop: The five domains of emotional intelligence** — Deeper practice with your own data or site examples.
Day 7	**Applied workshop: Self-awareness and self-regulation under pressure and empathy and reading people** — Group exercises that combine methods from week one.
Day 8	**Field case study: Using EQ in difficult conversations** — A detailed industry case worked through from start to finish.
Day 9	**Advanced practice: Building an EQ development plan** — Tools, templates and checklists to take back to work.
Day 10	**Assessed project and presentation** — Each delegate presents an improvement plan and completes the final assessment.

Upcoming classroom dates

More dates, cities and live online sessions on request.

Dates	City	Length	Fee per delegate
9 Nov 2026 to 13 Nov 2026	London	5 days	**$3,450**
6 Dec 2026 to 10 Dec 2026	Cairo	5 days	**$2,450**
11 Jan 2027 to 15 Jan 2027	Dubai	5 days	**$2,450**
1 Feb 2027 to 5 Feb 2027	Istanbul	5 days	**$2,450**
1 Mar 2027 to 12 Mar 2027	London	10 days	**$6,250**

Fees per delegate (2026 to 2027)

Format	5 days	10 days
Classroom: Dubai, Istanbul, Cairo, Kuala Lumpur	**$2,450**	**$4,450**
Classroom: London, Europe, Singapore	**$3,450**	**$6,250**
Live online	**$1,450**	**$2,650**
In-house, group of up to 15	**From $12,900**	**From $23,500**

Classroom fees include tuition, materials, lunch and refreshments, and a certificate. 10% group saving for 3 delegates, 15% for 5 or more.

Tailored to your team

Change the level, language, length (1 to 20 days) and format, add topics from other courses or entirely new topics, and include your own case studies, site visits or exam preparation. Build it online for an instant indicative fee.

Register or request an in-house proposal

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