5-DAY INTENSIVE TRAINING WORKSHOP

Certified Emotional Intelligence for Adaptive Leadership

Enhance leadership impact through emotional awareness and adaptability.



GLOBAL TRAINING INSTITUTE

Course Description

This certification program helps leaders develop and apply emotional intelligence (EI) to lead more effectively, especially in high-pressure and fast-changing environments. The course focuses on practical EI skills like self-awareness, emotional control, empathy, and strong relationship management. Participants will learn how to build resilient teams, handle stress, improve communication, and lead change with confidence. Real-world tools, neuroscience insights, and AI-supported techniques are included to support daily leadership challenges and long-term growth.

Who Should Certify

This program is ideal for:

- Executives, senior leaders, and department heads
- Mid-level managers and emerging leaders
- Project managers and team leads in demanding industries
- Professionals in manufacturing, petrochemicals, energy, or any fast-paced or safety-sensitive sector
- Anyone looking to improve leadership impact, emotional awareness, and team performance

Course Objectives

Upon completion of this certification, participants will be able to:

- Understand how the brain processes emotions and how it affects leadership decisions
- Recognize emotional triggers and manage stress effectively
- Stay calm and make clear decisions under pressure
- Build empathy and read others' emotions through active listening and observation
- Strengthen team relationships and build a safe, open culture
- Lead change with emotional intelligence during uncertain times
- Use AI tools to improve communication and team feedback
- Boost resilience and well-being—for themselves and their teams

Course Content

Module 1: Understanding Emotional Intelligence in Leadership

- How the brain processes emotions under stress
- Emotional hijacks vs. rational thinking
- The science of building new habits and emotional responses
- How stress affects decision-making
- Using technology (like AI) to support emotional growth

Module 2: Self-Awareness and Managing Emotions

- Identifying your own emotional patterns and triggers
- Avoiding common thinking errors (e.g., assumptions, bias)
- Using body signals (like heart rate or tension) to check emotional state
- Practicing mindfulness to stay calm and focused
- Tools for assessing emotional strengths and gaps

Module 3: Self-Control and Resilience

- Improving emotional discipline and focus
- Managing emotional effort and avoiding burnout
- Preparing mentally for stress through proactive techniques
- Quick recovery strategies for emotional reset
- Building a positive mindset and inner strength

Module 4: Empathy and Social Awareness

- Understanding how others feel using verbal and non-verbal clues
- Reading tone of voice, facial expressions, and group dynamics
- Creating a positive emotional environment at work
- Listening with empathy and responding with clarity
- Respecting emotional differences across cultures

Module 5: Leading with Emotional Intelligence

- Building trust and openness in teams
- Handling conflict with calm and fairness
- Inspiring others through authentic emotional leadership
- Navigating workplace politics respectfully and effectively
- Giving and receiving feedback with empathy
- Leading change and digital transformation with emotional intelligence

Certificate Accreditations

The Certificate **Certified Emotional Intelligence for Adaptive Leadership** course equips participants with key skills and knowledge for career success. It enhances credibility and provides insights into industry standards. Through theory and practical application, it prepares individuals for real-world challenges, offering expert instruction and networking opportunities.

This course will be accredited by one of the following organizations. Please contact us for more information.

Cambridge Training College Britain

INSTITUTE OF SUPPLY CHAIN MANAGEMENT MENA

IBIU UNIVERSITY



Contact Us:

+971 54 244 8677

info@gtidubai.com

www.gtidubai.com

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linkedin.com/company/gtidubai