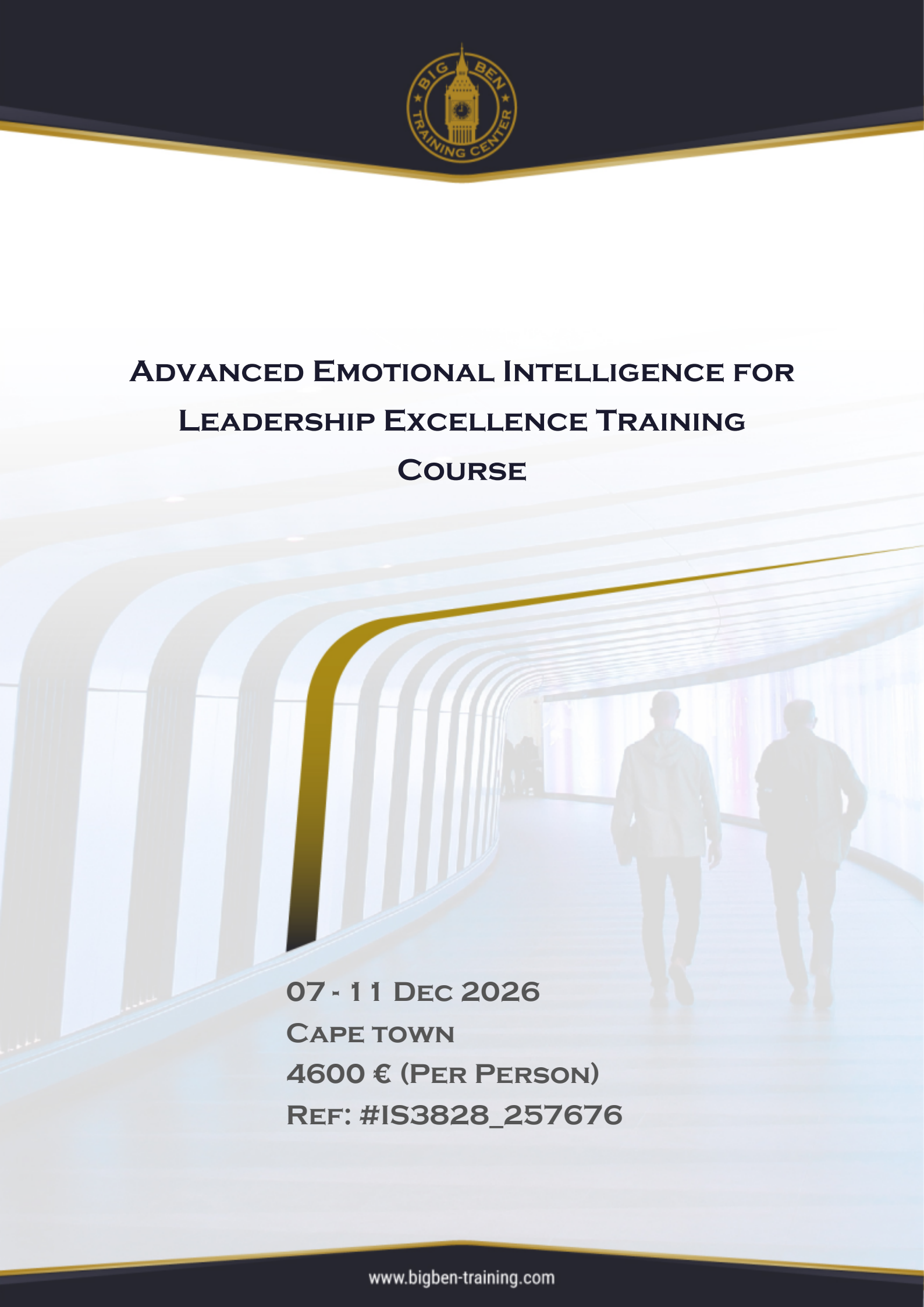
# Advanced Emotional Intelligence for Leadership Excellence Training Course



07 - 11 Dec 2026

Cape town

4600 € (Per Person)

Ref: #IS3828_257676

## Course Introduction / Overview:

This Advanced Emotional Intelligence for Leadership Excellence Training Course is meticulously designed to empower current and aspiring leaders with the profound emotional intelligence skills necessary to navigate the complexities of modern leadership. In today's dynamic professional landscape, leadership excellence through emotional intelligence is not merely an advantage but a fundamental requirement. Participants will delve into advanced EQ skills for executives, moving beyond foundational concepts to master strategic emotional intelligence development. This program, offered by BIG BEN Training Center, focuses on enhancing leadership emotional intelligence, building emotionally intelligent teams, and fostering high-performance leadership EQ. Drawing insights from seminal works such as Daniel Goleman's "Emotional Intelligence: Why It Can Matter More Than IQ," this course emphasizes the practical application of self-awareness, self-regulation, empathy, and social skills for leadership success. It addresses critical areas like conflict resolution emotional intelligence, influencing with emotional intelligence, and decision-making with EQ. The curriculum is structured to cultivate authentic leadership development, enabling leaders to foster positive work environments and sustain leadership effectiveness. This comprehensive training will equip participants with the tools to lead with empathy and compassion, driving both individual and organizational success.

## Target Audience / This training course is suitable for:

- Senior Managers.
- Team Leaders.
- Department Heads.
- Project Managers.
- Supervisors.
- Aspiring Leaders.
- Executives.
- HR Professionals.
- Organizational Development Specialists.
- Consultants.
- Entrepreneurs.
- Anyone seeking to enhance their leadership emotional intelligence.

## Target Sectors and Industries:

- Government Agencies and Equivalents.
- Information Technology.
- Healthcare.
- Finance and Banking.
- Manufacturing.
- Retail and E-commerce.
- Education.
- Telecommunications.
- Consulting Services.
- Non-profit Organizations.
- Energy and Utilities.
- Hospitality.

## Target Organizations Departments:

- Human Resources.
- Leadership Development.
- Operations.
- Sales and Marketing.
- Project Management.
- Customer Service.
- Research and Development.
- Strategy and Planning.
- Training and Development.
- Executive Management.

## Course Offerings:

By the end of this course, the participants will have able to:

- Apply advanced EQ skills for executives in complex leadership scenarios.

- Develop strategic emotional intelligence development plans for themselves and their teams.
- Enhance leadership emotional intelligence to foster high-performance leadership EQ.
- Master self-awareness and self-regulation for improved decision-making with EQ.
- Cultivate empathy in leadership training to build stronger team dynamics.
- Utilize social skills for leadership success, including influencing with emotional intelligence.
- Implement effective conflict resolution emotional intelligence techniques.
- Lead with empathy and compassion to foster positive work environments.
- Navigate organizational change with EQ and build resilient teams.
- Develop authentic leadership development practices for sustained effectiveness.
- Integrate emotional intelligence into strategic thinking and organizational culture.
- Assess and continuously improve their emotional intelligence competencies.

## Course Methodology:

This Advanced Emotional Intelligence for Leadership Excellence Training Course employs a highly interactive and experiential methodology, designed to facilitate deep learning and practical application. BIG BEN Training Center believes in a participant-centered approach, ensuring that each individual gains actionable insights and skills. The training incorporates a blend of engaging techniques, including dynamic group discussions that encourage sharing diverse perspectives and experiences related to emotional intelligence in the workplace. Extensive use of real-world case studies allows participants to analyze complex leadership challenges and apply advanced EQ skills for executives in simulated scenarios. Role-playing exercises provide a safe environment to practice new behaviors, such as conflict resolution emotional intelligence and influencing with emotional intelligence. Interactive activities and simulations are integrated throughout the course to reinforce learning and promote active engagement. Furthermore, personalized feedback sessions are a cornerstone of our methodology, offering constructive insights for individual growth in areas like self-awareness for leaders and self-regulation in leadership. This comprehensive approach ensures that participants not only understand the concepts but also develop the confidence and capability to immediately implement strategic emotional intelligence development in their professional roles, fostering leadership excellence through emotional intelligence.

# Course Agenda (Course Units):

## Unit One: Foundations of Advanced Emotional Intelligence

- Understanding the core components of emotional intelligence.
- Differentiating between basic and advanced EQ concepts.
- Self-awareness: Recognizing personal emotions and their impact.
- Self-regulation: Managing disruptive emotions and impulses.
- The neuroscience of emotions in leadership.
- Assessing personal emotional intelligence strengths and areas for development.
- Setting personal EQ development goals.

## Unit Two: Mastering Empathy and Social Awareness

- Deepening empathetic understanding in leadership.
- Reading and interpreting non-verbal cues effectively.
- Understanding organizational dynamics and emotional currents.
- Cultivating perspective-taking skills.
- Recognizing and addressing emotional needs of team members.
- Building rapport and trust through social awareness.
- Navigating diverse cultural emotional landscapes.

## Unit Three: Enhancing Relationship Management and Influence

- Developing powerful communication strategies.
- Inspiring and motivating teams through emotional connection.
- Conflict resolution and de-escalation techniques.
- Building and maintaining effective professional networks.
- Leading change with emotional intelligence.
- Providing constructive feedback with empathy.
- Influencing stakeholders through emotional resonance.

### Unit Four: Emotional Intelligence for Strategic Leadership

- Applying EQ to strategic decision-making.
- Fostering innovation and creativity through emotional intelligence.
- Building resilient teams and organizations.
- Managing stress and preventing burnout in high-pressure environments.
- Cultivating emotional agility in times of uncertainty.
- Developing a positive organizational culture.
- Leading with authenticity and integrity.

### Unit Five: Sustaining Leadership Excellence Through EQ

- Integrating emotional intelligence into daily leadership practices.
- Mentoring and coaching for emotional intelligence development.
- Creating a personal EQ development plan for continuous growth.
- Measuring the impact of emotional intelligence on leadership outcomes.
- Building a legacy of emotionally intelligent leadership.
- Leading with purpose and passion.
- Future trends in emotional intelligence and leadership.

## FAQ:

### Qualifications required for registering to this course?

There are no requirements.

### How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

### Something to think about:

How might a leader's advanced emotional intelligence fundamentally reshape an organization's strategic resilience and capacity for innovation in an era of constant disruption?

## What unique qualities does this course offer compared to other courses?

This Advanced Emotional Intelligence for Leadership Excellence Training Course distinguishes itself by moving beyond foundational EQ concepts to delve into the nuanced application of emotional intelligence for strategic leadership. Unlike many generic programs, this course, offered by BIG BEN Training Center, specifically targets leadership excellence through emotional intelligence, focusing on advanced EQ skills for executives and senior management. It integrates cutting-edge insights into the neuroscience of emotions, providing a deeper understanding of how emotions impact decision-making with EQ and team dynamics. The curriculum emphasizes practical, real-world application, offering extensive case studies and interactive simulations that allow participants to immediately practice and refine skills such as conflict resolution emotional intelligence and influencing with emotional intelligence. We focus on cultivating authentic leadership development, fostering positive work environments, and building resilient teams, rather than merely listing theoretical components. The course also addresses the critical aspect of sustaining leadership effectiveness, guiding participants in creating personalized strategic emotional intelligence development plans for continuous growth. This holistic and advanced approach ensures that leaders are not just aware of emotional intelligence but are adept at leveraging it to drive significant organizational impact and cultivate a legacy of emotionally intelligent leadership.