Strategic Leadership with Emotional Intelligence Training Course

07 - 11 Dec 2026

Paris

5800 € (Per Person)

Ref: #PS6380_25461

Course Introduction / Overview:

This intensive training course is designed to transform leadership effectiveness by integrating the core principles of emotional intelligence into strategic decision-making and organizational management. In today's complex business environment, technical skills alone are insufficient for achieving sustained success. As pioneering researcher Daniel Goleman articulated in his seminal work, "Emotional Intelligence: Why It Can Matter More Than IQ," the ability to perceive, understand, and manage emotions is a critical differentiator for exceptional leaders. This program moves beyond theoretical concepts to provide practical, actionable strategies for harnessing emotional and social intelligence. Participants will explore the neuroscience behind emotions and learn how to cultivate self-awareness, practice self-regulation under pressure, and develop profound empathy for their teams. BIG BEN Training Center has structured this course to empower leaders to build resonant relationships, inspire commitment, and navigate organizational dynamics with greater agility and influence, ultimately driving performance and fostering a positive, high-achieving work culture.

Target Audience / This training course is suitable for:

- C-Suite Executives and Senior Leaders.
- Department Heads and Directors.
- Team Leaders and Supervisors.
- Project and Program Managers.
- Human Resources and L&D Professionals.
- High-potential employees being developed for leadership roles.
- Entrepreneurs and Business Owners.

Target Sectors and Industries:

- Information Technology and Telecommunications.
- Banking, Finance, and Insurance Services.
- Healthcare and Pharmaceutical Industries.
- Engineering, Manufacturing, and Construction.
- Consulting and Professional Services.
- Retail and Customer Service.
- Governmental bodies and Public Sector organizations.
- Non-profit and educational institutions.

Target Organizations Departments:

- Executive Leadership and Senior Management.
- Human Resources and Talent Development.
- Operations and Production.
- Sales, Marketing, and Customer Relations.
- Project Management Office (PMO).
- Research and Development.
- Strategy and Corporate Planning.

Course Offerings:

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

- Master the four core domains of emotional intelligence for leadership.
- Develop deep self-awareness to recognize personal triggers and biases.
- Apply advanced self-management techniques to maintain composure under pressure.
- Utilize empathy and social awareness to build trust and psychological safety.
- Enhance relationship management skills for effective conflict resolution and influence.
- Leverage emotional intelligence to inspire and motivate high-performing teams.
- Integrate EI principles into strategic planning and change management initiatives.
- Develop a personal action plan for continuous growth in emotionally intelligent leadership.

Course Methodology:

The training methodology employed by BIG BEN Training Center is highly interactive and experiential, designed to bridge the gap between theory and real-world application. We believe that mastering emotional intelligence requires practice, reflection, and personalized feedback. The course incorporates a blend of expert-led presentations, facilitated group discussions, and in-depth case study analyses of complex leadership scenarios. Participants will engage in individual and team-based exercises, including role-playing simulations that challenge them to apply EI skills in difficult conversations and decision-making situations. Confidential self-assessment tools will be used to provide a baseline for personal development, helping participants identify their strengths and areas for growth. A significant emphasis is placed on peer learning and collaborative problem-solving, creating a dynamic and supportive environment. Our approach ensures that leaders leave not just with new knowledge, but with the confidence and practical tools to implement emotionally intelligent strategies immediately within their organizations.

Course Agenda (Course Units):

Unit One: The Foundation of Emotionally Intelligent Leadership

- Defining emotional intelligence in a leadership context.
- The scientific basis of emotions and their impact on performance.
- Exploring Daniel Goleman's four-quadrant EI model.
- Assessing your current emotional intelligence strengths and weaknesses.
- The link between EI, decision-making, and business outcomes.
- Differentiating between emotional intelligence and personality.
- Understanding the concept of resonant and dissonant leadership styles.

Unit Two: Mastering Self-Awareness and Self-Management

- Techniques for developing accurate self-assessment.
- Identifying personal emotional triggers and patterns.
- The practice of mindfulness for enhanced emotional clarity.
- Strategies for emotional self-control and impulse management.
- Maintaining optimism and resilience in the face of setbacks.
- Developing adaptability and agility in a changing environment.
- Cultivating a mindset of transparency and authenticity.

Unit Three: Cultivating Social Awareness and Empathy

- The art and science of active listening for deeper understanding.
- Decoding non-verbal cues and body language accurately.
- Developing cognitive and emotional empathy.
- Understanding organizational awareness and political currents.
- Anticipating and responding to stakeholder needs and concerns.
- Fostering an inclusive environment through cultural awareness.
- The role of empathy in effective service orientation.

Unit Four: Excelling in Relationship Management and Influence

- Techniques for building rapport and professional intimacy.
- Communicating with impact and inspiration.
- Strategies for influencing others and building consensus.
- Mastering conflict management and negotiation skills.
- Developing others through effective coaching and mentoring.
- Leading and managing organizational change effectively.
- Building collaborative bonds and high-performing team networks.

Unit Five: Strategic Application of EI for Organizational Excellence

- Integrating emotional intelligence into the strategic planning process.
- Leading with EI during times of crisis and uncertainty.
- Creating a high-EI team and organizational culture.
- Using emotional data to inform critical business decisions.
- The leader's role in managing team emotions and morale.
- Advanced strategies for stakeholder engagement and management.
- Creating a personal leadership development plan for sustained EI growth.

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 can a leader's unmanaged emotional blind spots systemically undermine an organization's strategic objectives, even when technical skills are high?

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

This course distinguishes itself by focusing on the strategic application of emotional intelligence, moving beyond foundational concepts to address how EI directly impacts high-stakes leadership functions. While many programs cover the "what" of emotional intelligence, our curriculum is meticulously designed to explore the "how" and "why" in a corporate context. We delve into the practical integration of EI into complex processes like change management, strategic decision-making, and fostering organizational resilience. The content is tailored to address the nuanced challenges senior leaders face, such as navigating organizational politics, inspiring teams through uncertainty, and building a culture of psychological safety that drives innovation. Rather than a purely theoretical or academic exercise, the course emphasizes experiential learning through realistic simulations and case studies drawn from contemporary business challenges. Participants leave with not just an understanding of EI, but a clear, actionable framework for embedding these competencies into their daily leadership practices to achieve tangible improvements in team performance, employee engagement, and overall business results.