

Self-Awareness: Mastering Emotional Intelligence for Effective Leadership

16 – 20 November 2026
Prague

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Self-Awareness: Mastering Emotional Intelligence for Effective Leadership

Ref: 36035_229022 **Date:** 16 – 20 November 2026 **Location:** Prague **Fees:** 6000 Euro

Course Overview:

Primal Leadership is an engaging and transformative corporate training course that focuses on the power of emotional intelligence in effective leadership. This comprehensive program integrates the principles of emotional intelligence with leadership strategies, providing participants with the tools to become resonant leaders who inspire and motivate their teams. By exploring the concepts of resonant leadership and dissonant leadership, participants will gain a deeper understanding of how emotions impact leadership effectiveness. Through practical exercises and real-world examples, this course helps leaders develop emotional intelligence competencies and fosters a positive and engaging work environment. Additionally, Primal Leadership extends beyond the workplace, exploring the application of emotional intelligence in personal life, family, and community settings. By the end of the course, participants will emerge as emotionally intelligent leaders ready to create resonance in their organizations and make a positive impact on the world.

Target Audience:

- Managers and supervisors seek to enhance their leadership skills through emotional intelligence.
- Leaders who want to foster a positive work environment and improve team performance.
- Professionals aspiring to develop resonant leadership qualities and drive organizational success.
- Individuals interested in the impact of emotional intelligence on leadership in various contexts.
- Those seeking to strengthen their relationships and make a positive impact beyond the workplace.

Targeted Organizational Departments:

- Human Resources: Strengthening leadership training programs and promoting emotional intelligence in leadership development.
- Executive Teams: Enhancing the leadership and management capabilities within the organization.
- Team Leaders and Supervisors: Developing resonant leadership skills to inspire and motivate teams.
- Organizational Development: Cultivating emotional intelligence in leadership for long-term success and employee engagement.
- Learning and Development: Incorporating emotional intelligence competencies into leadership development initiatives.

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Targeted Industries:

- Technology: Applying emotional intelligence in leadership to foster innovation and adaptability.
- Healthcare: Developing resonant leadership to improve patient care and enhance the healthcare environment.
- Financial Services: Cultivating emotionally intelligent leadership to navigate complex financial landscapes and build trust with clients.
- Education: Fostering resonant leadership in educational settings to create a positive learning environment and support student success.
- Non-profit and Community Organizations: Utilizing emotional intelligence to drive social change and positively impact communities.

Course Offerings:

- Understanding the power of emotional intelligence in effective leadership.
- Developing resonant leadership skills to inspire and motivate teams.
- Creating a positive and engaging work environment through emotional intelligence.
- Applying emotional intelligence in various leadership contexts.
- Building emotional intelligence competencies for personal and professional growth.
- Exploring the role of emotional intelligence in personal relationships and community leadership.

Training Methodology:

Primal Leadership employs an interactive and experiential training approach to maximize participant engagement. The course utilizes a variety of training methodologies, including:

- Engaging presentations: Facilitating understanding of emotional intelligence and resonant leadership concepts.
- Group discussions: Encouraging participants to share insights and learn from diverse perspectives.
- Case studies: Analyzing real-world leadership scenarios to apply emotional intelligence principles.
- Role plays and simulations: Providing opportunities to practice and refine emotional intelligence skills.
- Self-reflection exercises: Fostering introspection to develop self-awareness and personal growth.
- Action planning: Guiding participants in applying their learnings to their leadership roles.

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Course Toolbox:

Participants of Primal Leadership will have access to a comprehensive set of resources and materials, including:

- Course workbooks: Providing in-depth content, practical exercises, and reflection prompts.
- Recommended readings: Curated resources on emotional intelligence, resonant leadership, and personal development.
- Online resources: Access to a dedicated online platform with additional learning materials and tools.
- Emotional intelligence assessments: Tools to assess and develop emotional intelligence competencies.
- Action planning templates: Guides for implementing emotional intelligence strategies in the workplace.
- Audiovisual materials: Engaging multimedia content to reinforce key concepts and enhance the learning experience.

Course Agenda:

Day 1: Self-Awareness and The Johari Window

- **Topic 2:** The Emotional Intelligence of Leaders
- **Topic 3:** Leadership That Gets Results
- **Topic 4:** Understanding Your Emotional Triggers and Responses
- **Reflection & Review:** Consolidating Day 1's Learnings and Assessing Progress

Day 2: Resonant Leadership

- **Topic 1:** Creating Resonance
- **Topic 2:** Fostering Emotional Intelligence in Others
- **Topic 3:** Understanding Emotions
- **Topic 4:** Resonant Leadership in Action
- **Topic 5:** Identifying and Leveraging Personal Strengths and Weaknesses
- **Reflection & Review:** Reflecting on Day 2's Learnings and Reinforcing Key Concepts

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Day 3: Dissonant Leadership and the Role of Resonant Leadership

- **Topic 1:** When Leaders Drive Emotions Negatively
- **Topic 2:** The Destructive Power of Toxic Leaders
- **Topic 3:** Mindfulness: The Foundation of Emotional Intelligence
- **Topic 4:** Becoming Resonant Leaders
- **Topic 5:** The Resonant Organization
- **Reflection & Review:** Reviewing Day 3's Learnings and Emphasizing Key Takeaways

Day 4: Developing Emotional Intelligence

- **Topic 1:** The Competencies of Emotional Intelligence
- **Topic 2:** Developing Emotional Intelligence
- **Topic 3:** Enhancing Self-Awareness through Reflective Practices
- **Topic 4:** Managing Emotions for Effective Leadership
- **Reflection & Review:** Reflecting on Day 4's Learnings and Integrating Core Concepts

Day 5: Leadership in Life

- **Topic 1:** Leading with Emotional Intelligence in the Family
- **Topic 2:** Leading with Emotional Intelligence in the Community
- **Topic 3:** Toward a New Vision of Leadership
- **Topic 4:** Cultivating Lifelong Self-Awareness and Growth
- **Reflection & Review:** Assessing Progress, Celebrating Achievements, and Closing Remarks

How This Course is Different from Other Emotional Intelligence Courses

The course stands out from other similar courses by offering a deeply integrated approach that not only focuses on emotional intelligence but also emphasizes the importance of self-awareness as a foundation for effective leadership. Unlike conventional leadership courses that often concentrate solely on developing technical skills or general emotional intelligence, this course delves into the personal journey of understanding oneself first, thereby enhancing the ability to lead others more effectively.

What sets this course apart is its unique blend of practical tools, reflective practices, and real-world applications, specifically designed to help leaders identify and manage their emotional triggers. Participants are guided through a series of exercises and case studies that foster a deeper understanding of their emotional responses, which in turn allows them to cultivate a more resonant leadership style.

Additionally, the course doesn't stop at professional development; it extends into personal life, helping leaders apply emotional intelligence in their families and communities. This holistic approach ensures that participants emerge not just as better leaders in the workplace, but as more emotionally intelligent individuals in all aspects of their lives, making this course truly transformative.