ADVANCED EMOTIONAL INTELLIGENCE

COURSE

Introduction

This course on Advanced Emotional Intelligence explores the deeper competencies of self-awareness, emotional regulation, empathy, and social influence within professional environments. It is designed to help participants enhance their leadership effectiveness, communication, and decision-making by mastering advanced emotional intelligence strategies. Ideal for mid-to-senior professionals, team leaders, and HR personnel, this training is essential for building resilient teams, managing interpersonal dynamics, and fostering a positive workplace culture in today's emotionally complex workspaces.

Learning Objectives

- Apply emotional intelligence in high-pressure situations
- Strengthen empathy and relationship management skills
- Enhance self-regulation and emotional control
- Use EI to resolve conflicts and influence others
- Develop emotionally intelligent leadership practices

Course Details

Mode of Training	Classroom or Online
Duration	5 Days

Who Should Attend

- Mid-level and senior managers
- Team leaders and project heads
- HR and L&D professionals
- Individuals seeking to enhance leadership impact

Certificate(s)

Participants who complete a minimum of 80% of the total training hours will receive a **Certificate of Completion** issued by **Time Training Center**. This certificate reflects their active participation and commitment to professional development in the relevant field.

Course Outline

Module 1:Foundations of Emotional Intelligence

- Deep dive into the five pillars of Emotional Intelligence (EI)
- Advanced self-awareness practices: recognizing emotional patterns and triggers
- Understanding the neuroscience of emotions: how emotional responses are formed and influenced
- Evaluating your current EI competencies through self-assessment tools.

Module 2: Mastering Self-Regulation and Emotional Control

- Advanced strategies for impulse control and emotional discipline
- Techniques for staying composed under pressure and during adversity
- Developing emotional resilience: cognitive reframing, mindfulness, and stress inoculation practices
- Practical exercises for managing emotional triggers in high-stakes environments

Module 3: Enhancing Social Awareness and Empathy

- Reading verbal and non-verbal emotional cues with greater accuracy
- Understanding individual and group emotional currents in team settings
- Advanced empathy skills: perspective-taking, active listening, and emotional validation
- Navigating cultural and generational differences in emotional expression

Module 4: Relationship Management and Influential Leadership

- Building authentic trust and deep rapport across diverse teams.
- Conflict resolution strategies anchored in emotional intelligence.
- Using emotional influence to inspire, motivate, and align others with a shared vision.
- Coaching others through emotional challenges and setbacks.

Module 5: Strategic Decision-Making through Emotional Intelligence

- Leveraging emotional data to enhance judgment, creativity, and critical thinking.
- Recognizing and mitigating emotional biases in decision-making
- Ethical leadership: integrating emotional intelligence with values-based decision frameworks
- Case studies: applying EI to real-world leadership dilemmas

Module 6: Building and Leading Emotionally Intelligent Teams

- Cultivating psychological safety and emotional accountability within teams
- Designing emotionally intelligent team norms and communication protocols
- Managing group emotions during change, crisis, and periods of uncertainty
- Developing a personal and team-wide Emotional Intelligence growth plan

Methodology

We employ a comprehensive and applied learning strategy, integrating theory with real-world implementation:

- ❖ **Conceptual Learning**: Expert-led sessions on catalytic theory and engineering principles
- ❖ **Interactive Workshops**: Group exercises, presentations, and technical discussion forums
- ❖ **Case-Based Learning**: Industry-specific examples and troubleshooting scenarios
- ❖ **Technology Integration**: Digital tools, simulations, and catalyst modeling applications
- ❖ **Assessment**: Pre-tests, post-tests, and Competence Validation Exams for Certified courses to ensure knowledge transfer and skills validation

Note: Instructors may adjust the training approach to fit technical requirements or participant engagement levels.

Instructors

Our instructors are certified coaches and behavioral experts with over a decade of experience in leadership development, coaching, and organizational psychology. They are skilled at translating psychological concepts into actionable tools for workplace application. With diverse industry backgrounds, our trainers bring a balance of theory and practical insights to foster lasting emotional intelligence growth. Detailed trainer profiles will be shared post scheduling.

About Time Training Center

Time Training Center is a leading professional training institute in Abu Dhabi that provides students and professionals with quality education and skill development programs. Time Training Center is accredited by the Abu Dhabi Center for Technical Vocational Education & Training (ACTVET) with a specialization in Computer and Management Training programs and certified by QA QC with ISO 9001:2015.

Operating in Abu Dhabi for over 3 decades, Time Training Center has established brand value as a high-quality Management & Technical Training Center in Abu Dhabi. We have also secured strong loyalty from corporate companies and associations with our holistic and practical teaching approach.

Contact us at
Time Training Center
Office 901
Khalaf Al Otaiba Tower,
Electra Street - Abu Dhabi - United Arab Emirates
Phone: +97126713828
Whatsapp: +971558564000
E-mail: info@timetraining.ae