

Scandinavian Academy
Training Center

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Riyadh - Al Khaleej District - Sheikh Abdul Aziz Bin Abdul Rahman Bin Bishr Street - 13223 - Office No. 5 | P.O.BOX : 13224

Course: Mastering Emotional Intelligence , Skills for Excellent Leadership

Code	City	hotel	Start	End	price	Language - Hours
LC-421SA	Al Baha	Hotel Meeting	2026-11-29	2026-12-03	10950 SR	En - 25

Introduction

A growing number of leaders are placed in a position of responsibility and asked to serve as leaders with expectations that are constantly increasing. Leaders are expected to demonstrate extensive knowledge, allocate rewards, achieve organizational objectives and provide exemplary leadership to others amongst many other responsibilities. High competency in communicating, influencing, motivating others and managing emotions in the workplace thrust leaders to become mentors as well. Therefore, exceptional leadership calls for high emotional intelligence leaders that have sound judgment and reasoning. This programme seeks to help delegates:

- Keep a relationship productive by cultivating emotional intelligence at work
- Recognize stress levels and keep it under control
- Exchange communication using emotionally intelligent language
- Pick up social cues and responding appropriately to them

Objectives

- Assess your own self-awareness and communication style
- Apply emotional intelligence in your work and personal life for a healthy balance
- Maintain your emotional energy to motivate and lead team members towards achieving organizational goals
- Develop authentic and credible leadership to build trust within team members
- Develop skills in responding to feedback
- Emotional resilience to handle challenges

Contents

Day One

Importance of emotional intelligence

- Why is EQ so important?
- Skills needed for EQ communication
- Practicing emotional honesty
- Emotional healing strategies
- How to express one’s own emotions
- Identifying personal barriers to communicating with others
- Flexibility in dealing with other personality styles
- Identifying ways to stimulate creativity

Day Two

Building emotional fitness

- Using your left and right brain
- Mental adaptability to handling problems
- Maintaining emotional confidence
- Importance of body language
- Raising your emotional intelligence
- Conflict resolution with EQ
- Handling pressure with EQ
- Balancing work and personal life

Day Three

Take charge of your emotional energy

- How stress cripples effective communication
- Common stress response patterns
- Managing stress and adversity
- Stress-busting
- How stress interferes with non-verbal communication
- Using emotionally intelligent body language
- How to encourage creative collaboration
- Strategies for human performance enhancement

Day Four

Managing emotional feedback

- Controlling emotional impulses
- Practical ways to build emotional connection
- Taking responsibility for your emotions
- Listening openly and sending convincing messages
- Factors that limit emotionally intelligent communication
- Emotionally aware non-verbal communication
- Inspiring and guiding individuals & teams
- Creating synergy in teams

Day Five

Practising high EQ leadership

- Leading with empathy
- Authentic leadership
- Credible communication for leadership
- Ways to build trust
- Expanding your circle of trust

- Constructive discontent
- Resilient leadership
- Developing your personal action plan

The Scandinavian Academy for Training Center adopts the latest scientific and professional methodologies in training and human resource development, aiming to enhance the efficiency of individuals and organizations. Training programs are delivered through a comprehensive approach that includes:

- Theoretical lectures supported by PowerPoint presentations and visual materials (videos and short films).
- Scientific evaluation of participants before and after the program to measure progress and knowledge acquisition.
- Brainstorming sessions and practical role-playing to simulate real-life scenarios.
- Case studies tailored to align with the training content and participants work nature.
- Assessment tests conducted at the end of the program to evaluate the achievement of training objectives.

Each participant receives the training material (both theoretical and practical) in printed form and saved on a CD or flash drive. Detailed reports, including attendance records, final results, and overall program evaluations, are also provided.

Training materials are prepared professionally by a team of experts and specialists in various fields. At the end of the program, participants are awarded a professional attendance certificate, signed and accredited by the Scandinavian Academy for Training Center.

Program Timings: 9:00 AM to 2:00 PM

The program includes:

- A daily buffet provided during the sessions to ensure participants comfort.
- A closing ceremony on the final day to distribute certificates and celebrate participants achievements.
- **Note: All prices are exclusive of 15% Value Added Tax (VAT).**

Our Success Partners

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