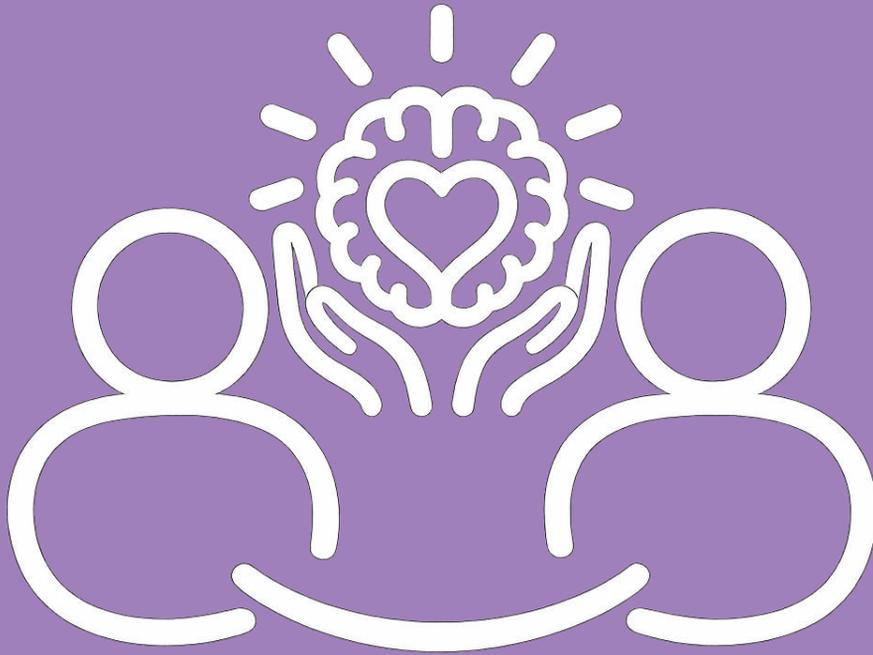


Emotional Intelligence

Develop self-awareness, emotional control,
and stronger professional relationships



LEARN EMOTIONAL INTELLIGENCE

Build **self-awareness**,
emotional balance, and
sound judgement in complex
professional environments

Technical skills and experience alone are no longer sufficient for success in today's workplaces. How professionals recognise, manage, and respond to emotions – both their own and others' – plays a critical role in leadership effectiveness, decision making, and workplace relationships.

This programme helps participants understand the role emotions play in behaviour and performance, and how emotional intelligence supports clearer thinking, better decisions, and stronger professional relationships.

WHY EMOTIONAL INTELLIGENCE MATTERS

In leadership and high-responsibility roles, emotional intelligence directly affects communication, trust, and outcomes.

Without emotional awareness and control, professionals may experience:

- Reactive or emotionally driven decisions
- Difficulty managing pressure or conflict
- Strained professional relationships
- Reduced credibility and trust
- Imbalance between emotion and rational thinking

Emotional Intelligence equips participants with practical tools to recognise emotions, regulate reactions, and respond thoughtfully in challenging situations.

PROGRAMME OVERVIEW

Emotional Intelligence helps participants understand:

- The concept and components of emotional intelligence
- How emotions influence behaviour, performance, and decisions
- How to manage emotions effectively in professional situations
- How to maintain emotional balance under pressure
- How rational thinking supports emotional control and maturity

Participants learn to apply emotional intelligence in leadership, teamwork, and decision-making contexts, strengthening both performance and professional relationships.

The result:

More emotionally balanced professionals who lead and work with clarity, confidence, and maturity.

Emotional intelligence is not about suppressing emotions.

It is about understanding them and responding wisely.

Accredited and **quality assured**

What this programme Prepares you to do

Emotional Intelligence equips professionals with the capability to recognise emotional triggers, regulate reactions, and apply rational thinking in high-pressure environments.

The programme focuses on real-world application, enabling participants to translate emotional awareness into practical behaviour that supports effective leadership and collaboration.

PARTICIPANTS DEVELOP THE CAPABILITY TO

- Understand the concept and components of emotional intelligence
- Recognise emotions and their impact on behaviour and performance
- Manage emotions in professional and leadership situations
- Demonstrate self-control and emotional regulation
- Maintain emotional balance in challenging environments
- Apply rational thinking to manage reactions and decisions
- Build emotional maturity and resilience
- Strengthen professional relationships

OUTCOMES FOR PARTICIPANTS

- Manage emotions more effectively in professional settings
- Respond calmly and constructively under pressure
- Apply emotional intelligence in leadership and teamwork
- Improve decision-making through balanced, rational thinking
- Demonstrate emotional maturity and self-awareness
- Build stronger, more effective professional relationships
- Increase confidence, resilience, and emotional control

Programme structure and **delivery options**

Programme Duration

8 learning hours

Delivery Format

Instructor-led (online)
Subject Matter Expert

Flexible Delivery

Adaptable for organisational requirements and team-based rollouts

Organisation Bundles

Organisational packages and volume discounts available

Instructor-Led Delivery

Every training unit is delivered by subject-matter experts with real-world professional and organisational experience – ensuring learning is practical, relevant, and immediately applicable.

HOW LEARNING IS APPLIED

This programme focuses on applying emotional intelligence in real workplace situations, where emotional control, judgement, and communication directly influence outcomes.

Participants work through realistic scenarios and guided discussions to practise recognising emotions, managing reactions, and responding with clarity and professionalism.

PARTICIPANTS EXPLORE

- ✓ Recognising emotions and emotional triggers
- ✓ Managing reactions in difficult situations
- ✓ Balancing emotion with rational thinking
- ✓ Developing emotional maturity and self-control
- ✓ Applying emotional intelligence in leadership and teamwork
- ✓ Strengthening professional relationships through awareness

THIS PROGRAMME IS DESIGNED FOR

- Newly appointed managers and leaders
- Team and department supervisors
- Employees preparing for leadership roles
- High-potential employees nominated for leadership development
- Professionals seeking to improve emotional awareness and control

COURSE PREREQUISITES

No prior emotional intelligence training is required.

The programme is suitable for current and aspiring leaders, supervisors, and professionals seeking to strengthen emotional awareness and control.

PROGRAMME DELIVERY

- Instructor-led delivery by subject-matter experts
- Online formats
- Practical and interactive sessions
- Real-world scenarios and guided discussions

WHAT THIS TYPE OF TRAINING DELIVERS

Immediate Application

Apply emotional intelligence tools directly to real professional situations.

Stronger Relationships

Build trust, understanding, and effective communication.

Balanced Decision Making

Respond with clarity rather than emotion.

Emotional Resilience

Maintain composure and effectiveness under pressure.

The result:

More emotionally intelligent professionals.
Stronger relationships.
And leadership grounded in clarity, balance, and maturity.

COCREATE TO ACTIVATE™

CoCreate to Activate™ is Maximus Academy's four-step method for building skills that last—not just in the classroom, but inside real organisations operating in fast-moving, high-demand sectors across the region.

Turning capability into national outcomes.



ASSESS

Understand the real operating world

What this Ensures

- Skills that match global industry demands, not generic international templates.
- Immediate operational impact, because training is built around real sector challenges.
- Lasting organisational capability through the adoption of performance-driven tools and behaviours.



DESIGN

Build training that fits the sector



DELIVER

Teach through Saudi SMEs and practitioners

It is the difference between training individuals and equipping an entire workforce with the capabilities to perform, adapt, and deliver at scale.



SUSTAIN

Embed the change inside organisations



Register for the course through the QR code

maximus academy
أكاديمية ماكسيموس

Training that fits your world

Info@maximusacademy.com | +966 9200 31313 | maximusacademy.com