

Emotional Intelligence

Understand emotions, build stronger relationships, and respond effectively in the workplace



WHY EMOTIONAL INTELLIGENCE MATTERS

Gain awareness, and **manage emotions effectively** in real working conditions

In today's workplaces, performance is shaped by more than technical skill. Interactions are constant. Pressure is high. Expectations shift. Emotions influence how people communicate, decide, and collaborate every day.

This programme helps professionals step back, build emotional awareness, and develop the ability to **respond with clarity and control**—even in challenging situations.

WHY EMOTIONAL INTELLIGENCE MATTERS

In modern workplaces, emotional responses directly affect communication, trust, and outcomes.

Without emotional intelligence, many professionals experience

- Reactive behaviour under pressure
- Miscommunication and misunderstandings
- Difficulty giving or receiving feedback
- Strained working relationships
- Stress impacting performance
- Emotional Intelligence gives participants the tools to understand emotions—both their own and others'—and respond in a way that supports effective professional relationships.

PROGRAMME OVERVIEW

Emotional Intelligence helps participants understand

- How emotions influence behaviour and decision-making
- The role of self-awareness in professional effectiveness
- How to regulate emotional responses under pressure
- How to recognise emotions in others
- How to communicate constructively in challenging situations
- How to build trust and stronger working relationships

Participants learn how to apply emotional awareness in real workplace interactions, not ideal scenarios.

The result

Clearer communication, stronger relationships, and more effective collaboration at work.

Emotional effectiveness does not happen by chance. It happens through **awareness and control**

This programme helps professionals understand emotional dynamics and build a practical approach to interpersonal effectiveness.

Accredited and **quality assured**



What this programme Prepares you to do

Emotional Intelligence equips professionals to understand their emotional responses, recognise emotions in others, and respond effectively in real workplace situations.

The programme emphasises practical application, helping participants translate emotional awareness into **clear communication, constructive behaviour, and stronger working relationships** in modern organisations.

PARTICIPANTS DEVELOP

THE CAPABILITY TO:

- Understand how emotions influence behaviour and decision-making
- Recognise emotional triggers and patterns
- Regulate emotional responses under pressure
- Build self-awareness and emotional control
- Understand the emotions and perspectives of others
- Apply empathy and interpersonal skills in professional settings

OUTCOMES FOR PARTICIPANTS

- Respond calmly and constructively in challenging situations
- Communicate more clearly during emotional conversations
- Build stronger, more trusting working relationships
- Handle feedback and disagreement professionally
- Reduce the impact of stress on performance
- Collaborate more effectively with different personalities

Programme structure and **delivery options**

Programme Duration

4 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 **grounded, relevant, and actionable**.

HOW LEARNING IS APPLIED

This programme is focused on application in real workplace conditions, where communication, relationships, and performance are shaped by emotional responses, pressure, and everyday interactions.

Participants apply emotional intelligence skills in realistic professional situations, ensuring learning translates into behaviour change—not theory.

PARTICIPANTS EXPLORE

- ✓ Apply emotional awareness tools to real workplace situations
- ✓ Reflect on personal emotional triggers and responses
- ✓ Identify practical actions to improve communication and relationships
- ✓ Translate emotional insight into day-to-day professional behaviour

THIS PROGRAMME IS DESIGNED FOR

- Early-career professionals
- New employees or role transitioners

COURSE PREREQUISITES

No prior specialist training is required.

The course is suitable for participants at an early career stage, as well as professionals seeking to strengthen interpersonal effectiveness and core workplace capabilities.

PROGRAMME DELIVERY

- Instructor-led delivery by subject-matter experts
- Online formats

WHAT THIS TYPE OF TRAINING DELIVERS

Immediate Application

Apply learning directly to real work situations – not later, not hypothetically.

Performance Under Pressure

Respond calmly and effectively in fast-moving, high-accountability environments.

Clarity in Collaboration

Communicate and collaborate with confidence when it matters most.

Stronger Decision-Making

Make better decisions through heightened emotional and behavioural awareness.

The result:

More confident professionals. Stronger working relationships. And learning that supports sustainable, long-term performance where it matters.

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.



DESIGN

Build training that fits the sector

- Immediate operational impact, because training is built around real sector challenges.



DELIVER

Teach through Saudi SMEs and practitioners

- Lasting organisational capability through the adoption of performance-driven tools and behaviours.



SUSTAIN

Embed the change inside organisations

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



Register for the course through the QR code

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Training that fits your world

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