MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

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EMOTIONAL INTELLIGENCE (EQ) FOR TODAY\'S BUSINESS LEADERS

""Building Self-Awareness, Empathy, and Resilience for High-Impact Leadership""

Schedule

Date	Venue	Fees (Face-to-Face)
04 – 05 Mar 2026	Kuala Lumpur, Malaysia	USD 1995 per delegate

Introduction

Emotional Intelligence (EQ) is no longer a soft skill—it's a strategic leadership advantage. Research consistently shows that leaders with high EQ outperform others in managing teams, handling pressure, and driving business outcomes. In today's fast-paced and emotionally charged business environment, developing EQ is essential for effective communication, decision-making, and team engagement.

This 2-day program is designed for leaders and managers who want to elevate their leadership presence and performance by mastering self-awareness, empathy, emotional regulation, and interpersonal influence. Through self-assessments, simulations, and coaching tools, participants will gain deep insights and actionable strategies for becoming more emotionally intelligent leaders.

Objectives

By the end of this course, participants will be able to:

- Define and apply the five components of emotional intelligence in leadership
- Increase self-awareness and manage emotional triggers constructively
- Build trust, empathy, and psychological safety within teams
- Use EQ to influence, coach, and motivate others
- Apply emotional agility during conflict, change, and high-stress situations

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Why Attend

Learn how to lead with authenticity, presence, and emotional resilience

- Improve collaboration, influence, and team relationships
- Enhance decision-making under pressure by managing emotions effectively
- Understand and address emotional drivers of performance and resistance
- Become a more reflective, calm, and trusted leader

Target Audience

This program is designed for:

- Mid- to senior-level leaders and executives
- Department heads, team leads, and project managers
- HR professionals and leadership development specialists
- High-potential leaders preparing for advanced leadership roles
- Anyone seeking to lead with greater emotional intelligence

Individual Benefits

Key competencies that will be developed include:

- Self-awareness and emotional regulation
- Empathy and active listening
- Social awareness and relationship building
- Leadership presence and influence
- Conflict management and emotional agility

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Enhanced leadership impact and employee engagement
- Stronger communication and collaboration within teams
- Better handling of organizational stress and change
- Improved retention through emotionally intelligent leadership
- Increased organizational resilience and psychological safety

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- **Strategy Briefings** – EQ models (Goleman, Bar-On, etc.) and neuroscience of emotion
- **Case Studies** – Leadership wins and failures linked to emotional intelligence
- **Workshops** – Triggers mapping, empathy exercises, and difficult conversation practice
- **Peer Exchange** – Reflective journaling and feedback in pairs or groups
- **Tools** – Emotional intelligence self-assessments, coaching scripts, and EQ plans

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Course Outline

Training Hours: 7:30 AM – 3:30 PM

Daily Format: 3–4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

Day 1: Mastering Intrapersonal Emotional Intelligence

Module 1: Foundations of Emotional Intelligence (07:30 – 09:30)

- The science and ROI of EQ in leadership
- Five domains of emotional intelligence
- Self-assessment and leadership EQ profile

Module 2: Self-Awareness and Emotional Triggers (09:45 – 11:15)

- Emotional self-perception and reflection
- Recognizing emotional hijacks and leadership impact
- Personal values and emotional patterns

Module 3: Emotional Regulation and Resilience (11:30 – 01:00)

- Strategies for emotional control and stress management
- Reframing, breathing, and regulation tools
- Building inner balance in high-pressure environments

Module 4: Workshop – Mapping Your EQ Triggers and Reactions (02:00 – 03:30)

- Guided reflection and planning tools for self-regulation

Day 2: Interpersonal EQ for Leadership Impact

Module 5: Empathy and Social Awareness (07:30 – 09:30)

- Developing empathy as a leadership asset
- Reading emotional cues and team dynamics
- Avoiding assumptions and bias

Module 6: Relationship Management and Influence (09:45 – 11:15)

- Communicating with emotional clarity and purpose
- Influence through empathy and trust
- Giving feedback that motivates and aligns

Module 7: Conflict Management and Emotional Agility (11:30 – 01:00)

- Managing tension and emotional undercurrents in teams
- Navigating resistance, conflict, and negativity constructively
- Practicing agility during complex conversations

Module 8: Final Simulation – EQ in Leadership Practice (02:00 – 03:30)

- Role-play of emotionally challenging leadership scenarios
- Peer feedback and leadership EQ action planning

Certification

Participants will receive a **Certificate of Completion in Emotional Intelligence (EQ) for Today's Business Leaders**, recognizing their ability to lead with empathy, emotional clarity, and resilience in dynamic work environments.

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Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation's unique goals.

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