

Emotional Intelligence



Session Overview

Emotional Intelligence (EI) is the foundation of effective leadership and high-performing teams. In this interactive session, participants explore what EI truly means, why it matters more than IQ in many leadership moments, and how it can be developed in oneself and others. Through engaging exercises, group discussion, and practical examples, participants learn to recognize and express emotions, build trust, and communicate with greater impact. The session draws on the latest research and real-world stories to make EI accessible and actionable, so participants leave ready to apply new insights immediately.

What Participants Will Gain

- A clear understanding of the core elements of Emotional Intelligence and why they matter for leaders
- Practical tools to increase self-awareness, empathy, and emotional regulation
- Strategies to read non-verbal cues and communicate with authenticity
- Techniques to foster trust, connection, and resilience in teams
- Opportunities to reflect on individual EI strengths and growth areas, and practice new approaches in a supportive environment

Duration Options : 60 minutes, 2 hours, or half day.

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