Emotional Intelligence for Leaders

Emotional Intelligence for Leaders

Leading with Emotional Intelligence is a 5-day course delivered by Mars Training Centre in London, Paris, Dubai, Rome, and Bangkok — designed for senior leaders who want to develop emotional intelligence as a measurable leadership capability.

Decades of research now show that emotional intelligence — the ability to recognise and manage your own emotions and the emotions of others — is one of the strongest predictors of senior-leadership success. This programme is built for leaders who want to move beyond intuition and treat emotional intelligence as a discipline they can develop deliberately.

Across five days, you will work with a validated emotional-intelligence assessment, examine real cases of how emotional intelligence shapes senior leadership outcomes, and develop the personal practices that build it as a lasting capability.

What You Will Learn

By the end of this programme, you will be able to:

- Define the four domains of emotional intelligence and how each shapes senior leadership.
- Diagnose your personal emotional-intelligence profile using a validated assessment.
- Recognise and manage your own emotional triggers in high-stakes situations.
- Read the emotional context of teams, boards, and key stakeholder groups.
- Apply structured techniques for managing difficult conversations.
- Build trust and psychological safety in the teams you lead.
- Lead with empathy without losing decisiveness.
- Build a personal emotional-intelligence development plan for the 90 days after the course.

How You Will Benefit

You will leave with a measurable understanding of your emotional-intelligence profile and the disciplines to develop it further, and a Mars Certificate of Completion.

Your organisation will gain a senior leader with sharper judgement in high-stakes interpersonal moments — and stronger teams as a result.

Who This Programme Is For

This programme is designed for:

- Senior managers and directors with significant team or stakeholder responsibility
- Heads of HR, talent, and organisational development
- General managers preparing for executive promotion
- Senior project, programme, and transformation leaders
- Family-business principals managing intergenerational dynamics
- Senior public-sector executives

The seniority floor is senior manager and above.

How the Course Is Delivered

- Facilitator-led interactive sessions, balancing teaching with discussion and applied exercises.
- A balanced mix of theory, regional case studies, and applied exercises.
- Validated diagnostic and self-assessment tools.
- Applied exercises and personalised coaching throughout the week.
- A personal action plan built progressively across the week.
- Continuous personal feedback from your lead faculty.

The course runs in two separate single-language editions: an English edition delivered in English, and an Arabic edition delivered entirely in Arabic by native-Arabic faculty at every host venue. Cohorts are scheduled in London, Paris, Dubai, Rome, and Bangkok.

Your Mars Certificate and Fee

On successful completion of Leading with Emotional Intelligence you will receive a Mars Certificate of Completion, issued by Mars Training Centre, our London-headquartered training provider. The certificate confirms the programme attended, the dates, the host city, and the lead faculty, and is presented to delegates on the final day of the course.

The standard fee is £4,950 per delegate for this 5-day programme, quoted and invoiced in pounds sterling. The fee covers all training and faculty time, course materials in digital and printed form, the Mars Certificate of Completion, daily refreshments and a buffet lunch, and a complimentary airport pickup and return transfer for delegates flying in to the host city. Group and early-booking discounts are available. Flights, visas, and hotel accommodation are not included, though Mars provides booking guidance and preferred-rate partner links.