Foundations of Emotional Intelligence

Category: Professional & Leadership Development | **Vendor:** Various

Duration: 8.00 hours (1 days) **6.5 CPD Hours** **Rating:** ⭐ 4.6 (5,878 reviews)

Course Information

Delivery Format: Instructor Led - Online

Course Overview

In this course, you will learn the core components of emotional intelligence and apply them to strengthen self-awareness, self-regulation, and relationship effectiveness at work and beyond. You will explore how emotions are created and how to drive your own responses to situations. In addition, you will learn how to use empathy to connect with others and lead to outcomes that benefit individuals, their teams, and their organization. This course is for anyone seeking to understand themselves and others and to cultivate authentic, meaningful relationships. You will work with each capability necessary for emotional intelligence and come away with strategies you can use immediately in your interactions with others.

About This Course

In this course, you will learn the core components of emotional intelligence and apply them to strengthen self-awareness, self-regulation, and relationship effectiveness at work and beyond. You will explore how emotions are created and how to drive your own responses to situations. In addition, you will learn how to use empathy to connect with others and lead to outcomes that benefit individuals, their teams, and their organization. This course is for anyone seeking to understand themselves and others and to cultivate authentic, meaningful relationships. You will work with each capability necessary for emotional intelligence and come away with strategies you can use immediately in your interactions with others.

Who Should Attend

This course is for anyone seeking to understand themselves and others and to cultivate authentic, meaningful relationships.

Learning Outcomes

Upon successful completion of this course, participants will be able to:

Understand how thoughts, emotions, physical cues, and behavior interact to increase self-awareness Identify self-regulation challenges and apply techniques to help reset emotional balance Explore ways of responding to others' experiences and practice strategies for building social awareness Demonstrate relationship management by exercising capabilities to connect with others and move everyone toward positive outcomes Develop emotional stamina to persist through challenges when building emotional intelligence

Detailed Course Outline

1. Self-Awareness

- Our brains and our emotions
- How feelings are created
- Strategies for self-awareness

2. Self-Regulation

- Managing stress and thought patterns
- What it means to self-regulate
- Mind traps
- Toolkit for emotionally resetting

3. Social Awareness

- Understanding others' emotions
- Empathy, sympathy, and projection
- Building empathy

4. Relationship Management

- Connecting and Communicating with EQ
- Intent vs impact
- Practices for connecting with EQ

5. Persistence

- Why it takes stamina to keep building EQ
- From awareness to Action

Frequently Asked Questions

Q: What delivery options are available for Foundations of Emotional Intelligence?

We offer multiple delivery formats:

- Live Instructor-Led Classroom Online (Virtual/Live Online)
- Traditional Instructor-Led Classroom Training (ILT)
- On-site delivery at your offices anywhere in United Kingdom
- Private dedicated courses customized for your team

Q: How many CPD hours does this course provide?

The 1-day Foundations of Emotional Intelligence course provides up to 6.5 CPD hours of structured learning. CPD certificates can be provided upon request.

Q: What is the duration of the Foundations of Emotional Intelligence training?

The training takes place over 1 day(s), with each day lasting approximately 8.00 hours including breaks for lunch and refreshments.

Q: Do you provide corporate training for Foundations of Emotional Intelligence?

Yes, we provide corporate training, dedicated training, and closed classes for Foundations of Emotional Intelligence. Training can take place anywhere in United Kingdom including London, Manchester, Birmingham, Edinburgh, or live online allowing teams from across United Kingdom or internationally to attend.

Q: Why choose Nexus Human for Foundations of Emotional Intelligence?

Nexus Human is recognized as one of the leading training providers. Our trainers have won multiple awards including:

- Small Firms Best Trainer Award
- National Training Partner of the Year (Ireland) - Multiple Years
- Global Top 30 Instructor Awards (2012, 2019, 2021)
- Tech Excellence Award Nominations
- Learning Performance Institute (LPI) External Training Provider Sponsor 2024

Q: Are there any discount codes available?

Yes! Use discount code **PENPAL5** when booking your Foundations of Emotional Intelligence training. Please note that only one discount code can be used per booking and cannot be combined with other special offers.

Nexus Human

Professional Training & Development

Email: info@nexushuman.com

Website: www.nexushuman.com

Phone: +353 1 889 8700 (Ireland) | +44 20 8142 8961 (UK)

© 2026 Nexus Human. All rights reserved. This brochure was generated on 13/11/2026.