Emotional Intelligence for Project Management Success Training Course

Professional Development Training Course Outline

Category	Project Management	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Emotional intelligence (EI) has emerged as a critical factor for successful project management, enabling leaders to navigate complex interpersonal dynamics, enhance team collaboration, and drive organizational performance. In today's fast-paced business environment, project managers are not only required to manage tasks, budgets, and timelines but also to understand and influence the emotions of their teams, stakeholders, and clients. By integrating emotional intelligence into project management practices, organizations can foster a culture of empathy, resilience, and effective communication, which directly impacts project outcomes and overall business success.

Emotional Intelligence for Project Management Success Training Course is designed to equip project managers, team leads, and aspiring leaders with the essential emotional intelligence competencies required to manage high-performing teams, resolve conflicts effectively, and inspire motivation among team members. Participants will gain practical tools, real-world strategies, and hands-on experience to apply emotional intelligence concepts in various project management scenarios. The course emphasizes self-awareness, social awareness, self-regulation, motivation, and relationship management as foundational pillars for driving project success and sustainable organizational growth.

Programme Curriculum

Emotional Intelligence for Project Management Success Training Course

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Course Objectives

1. Develop self-awareness and recognize emotional triggers in project environments.
2. Enhance self-regulation skills to maintain composure under pressure.
3. Improve social awareness for effective stakeholder engagement.
4. Strengthen relationship management for high-performing teams.
5. Apply empathy to resolve conflicts and foster collaboration.
6. Leverage emotional intelligence to improve team motivation and engagement.
7. Integrate EI into project planning and decision-making processes.
8. Utilize active listening and feedback techniques for effective communication.
9. Apply emotional intelligence strategies to manage remote and hybrid teams.
10. Enhance resilience and adaptability in complex project scenarios.
11. Recognize and mitigate the impact of stress on team productivity.
12. Drive organizational change using emotional intelligence competencies.
13. Implement EI-based leadership strategies to achieve project success.

Organizational Benefits

- Improved team performance and collaboration
- Enhanced employee engagement and satisfaction
- Reduced conflicts and improved conflict resolution
- Higher project success rates and timely delivery
- Strengthened leadership credibility and trust
- Greater adaptability to organizational change
- Improved client and stakeholder relationships
- Boosted team motivation and morale
- Enhanced decision-making under pressure
- Increased overall organizational productivity

Target Audiences

1. Project managers
2. Team leaders and supervisors
3. Program managers

4. Aspiring project management professionals
5. Organizational development specialists
6. Human resource managers
7. Business analysts
8. Leadership development participants

Course Duration: 5 days

Course Modules

Module 1: Introduction to Emotional Intelligence in Project Management

- Understanding the components of emotional intelligence
- Importance of EI in project success
- Case study: Emotional intelligence impact on project delivery
- Assessing current EI levels for project leaders
- Key EI competencies for effective leadership
- Applying EI principles in daily project management

Module 2: Self-Awareness for Project Leaders

- Identifying personal strengths and weaknesses
- Recognizing emotional triggers under pressure
- Techniques for self-reflection and mindfulness
- Case study: Self-awareness improving decision-making
- Creating a personal EI improvement plan
- Utilizing emotional feedback for better leadership outcomes

Module 3: Self-Regulation and Stress Management

- Controlling impulses and maintaining composure
- Managing stress in high-pressure projects
- Strategies to enhance emotional resilience
- Case study: Self-regulation reducing project conflicts
- Developing emotional control techniques
- Practical exercises for emotional regulation

Module 4: Social Awareness and Empathy

- Understanding team dynamics and emotions
- Practicing active listening and observation
- Applying empathy in stakeholder interactions
- Case study: Empathy resolving team conflict

- Techniques to improve social awareness
- Tools for assessing team morale

Module 5: Relationship Management for Project Success

- Building trust and rapport with team members
- Conflict resolution strategies
- Motivating and inspiring project teams
- Case study: Relationship management driving project outcomes
- Enhancing collaboration across departments
- Techniques for sustaining professional relationships

Module 6: Communication Skills and Emotional Intelligence

- Effective verbal and non-verbal communication
- Delivering constructive feedback
- Understanding and managing communication barriers
- Case study: Communication improving team efficiency
- Leveraging EI for persuasive communication
- Tools for improving stakeholder communication

Module 7: Applying EI in Remote and Hybrid Teams

- Addressing challenges in virtual project management
- Building trust in distributed teams
- Maintaining engagement and motivation remotely
- Case study: EI strategies improving remote team performance
- Tools for virtual team collaboration
- Best practices for remote leadership

Module 8: Driving Project Success with EI-Based Leadership

- Integrating EI into project decision-making
- Leading change initiatives effectively
- Monitoring EI impact on project outcomes
- Case study: Leadership using EI achieving project success
- Continuous improvement strategies for project leaders
- Aligning EI with organizational goals

Training Methodology

- Interactive lectures with real-world examples
- Group discussions and team exercises
- Role-playing scenarios for conflict resolution
- Case studies analysis for practical understanding
- Self-assessment exercises to evaluate EI competencies
- Multimedia resources including videos and simulations

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.
f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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