XCELERATE TRAINING INSTITUTE

your learning & development partner

TRENDING

# Leadership MEQ Program

| DURATION | LANGUAGE | FORMAT |
|---|---|---|
| 5 days | English | Classroom / Online |

## Upcoming dates

| Dates | Venue | Format | Fee |
|---|---|---|---|
| 18 – 22 ????? 2027 | Live online | Online (live) | €1?400 |
| 26 – 30 ????? 2027 | Live online | Online (live) | €1?400 |
| 23 – 27 ????? 2027 | Amsterdam | Classroom | On request |

### Register or ask a question

Online: x8ti.com/course/leadership-meq-program-2/

+491631686678 · info@x8ti.com

# Leadership MEQ Program

## Introduction

As artificial intelligence takes over many technical and repetitive tasks, organizations are placing increased value on human-centric leadership. Emotional Intelligence (EQ) has become one of the most sought-after leadership traits in today's fast-changing workplace.

The Leadership MEQ Measurable Emotional Intelligence Quotient Program by Xcelerate Training Institute is designed to help current and aspiring leaders build emotional intelligence through a structured, evidence-based approach using the EQ-i 2.0 model. Emotionally intelligent leaders are proven to lead higher-performing, more satisfied teams.

## Learning Objectives

By the end of this Xcelerate Training Institute training program, participants will be able to:

- Understand the fundamentals and importance of emotional intelligence in leadership.
- Use the EQ-i 2.0 model to assess and reflect on personal EQ strengths and areas for growth.
- Develop core EQ competencies including self-awareness, empathy, adaptability, and relationship management.
- Apply emotional intelligence to enhance team performance, engagement, and communication.
- Build a practical, personal action plan for emotionally intelligent leadership.

Target Audience

This Xcelerate Training Institute program is ideal for:

- Emerging and experienced leaders aiming to enhance their leadership impact.
- HR and Learning & Development professionals responsible for developing leadership pipelines.
- Team leaders and managers leading through change, conflict, or growth.
- Executives seeking to foster a high-trust, high-performance culture.

## Training Methodology

- EQ-i 2.0 Personal Assessment with individualized feedback report.
- Interactive Workshops using real-life leadership scenarios.
- Group Coaching & Peer Learning activities to practice skills.
- Case Studies from leading organizations that implemented EQ-based leadership.
- Reflection Journals and action planning exercises.
- Optional: 1-on-1 Coaching Sessions post-program.

## Benefits for You

- Gain deep self-awareness and emotional insight.
- Learn to manage stress, adapt to change, and lead with resilience.
- Enhance interpersonal relationships and influence.

- Improve decision-making and conflict resolution under pressure.
- Develop your leadership brand rooted in authenticity and empathy.

## Benefits for Your Organisation

- Build emotionally intelligent leaders who can inspire, engage, and retain talent.
- Foster a culture of trust, inclusion, and psychological safety.
- Enhance collaboration and communication across teams.
- Improve employee wellbeing, morale, and productivity.
- Align leadership development with future-ready workforce strategies.

## Course Outline

### The Future of Leadership in the AI Era

- The shift toward human-centric skills
- Harvard Business Review insights on EQ and performance

### Foundations of Emotional Intelligence

- Defining EQ: What it is and why it matters
- Introduction to the EQ-i 2.0 Model

### Personal EQ Assessment and Debrief

- EQ-i 2.0 individual assessment
- Understanding your profile and areas for growth

### Core EQ Competencies

- Self-awareness and self-regulation
- Empathy and social responsibility
- Decision-making and stress management

### Emotionally Intelligent Leadership in Action

- Leadership styles through an EQ lens
- Feedback, conflict, and influence

### Coaching and Developing Others' EQ

- Building emotionally intelligent teams
- Coaching tools and team applications

### Action Planning & Program Wrap-Up

- Create a personalized leadership development plan
- Setting goals for continued EQ growth

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# Registration Form

## Leadership MEQ Program

Preferred dates: ..... Venue or online: .....

Duration: 5 days Language: .....

Please complete and email this form to us, or register online. We confirm your place and send the invoice within one working day.

### Delegate information

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Official email: ..... Personal email: .....

### Company information

Company name: .....

Address: .....

City / country: ..... VAT / tax number: .....

### Person responsible for training & development

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Email: .....

### Payment

☐ Please invoice me ☐ Please invoice my company

Signature: ..... Date: .....

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