



London TDM

# Management and Leadership

**Course Venue:** United Kingdom - London

**Course Date:** From 10 May 2026 To 14 May 2026

**Course Place:** London Paddington

**Course Fees:** 6,000 USD

## Introduction

As an executive, mastering your emotions and effectively managing stress is crucial to leading successful teams and making sound decisions. This 5-day course, "Emotional Mastery and Stress Leadership for Executives," is designed to equip professionals with the tools and understanding necessary to harness emotional intelligence and lead with resilience. Participants will learn strategies to regulate emotions, mitigate stress, and foster a positive and productive work environment.

## Objectives

- Understand the principles of emotional intelligence and its impact on leadership.
- Develop techniques to manage stress and maintain mental clarity under pressure.
- Enhance decision-making abilities through emotional regulation.
- Cultivate a positive organizational culture that promotes emotional wellbeing.
- Create personalized action plans for continuous emotional and stress management development.

## Course Outlines

### Day 1: Foundations of Emotional Intelligence

- Introduction to Emotional Intelligence (EI)
- Components of EI: Self-awareness, Self-regulation, Motivation, Empathy, and Social Skills
- Assessing and Understanding Personal EI Levels
- The Role of EI in Executive Leadership
- Case Studies: EI in Successful Leaders

### Day 2: Emotional Regulation Techniques for Leaders

- Identifying Emotional Triggers and Stressors
- Techniques for Immediate Emotional Regulation
- Cognitive Reframing and Mindfulness Practices
- Developing a Personal Emotional Regulation Plan
- Interactive Workshops and Role-Playing Scenarios

### Day 3: Stress Management and Resilience Building

- Understanding the Physiology of Stress
- Effective Stress Reduction Techniques
- Building Resilience in High-Pressure Environments
- Creating a Balanced Executive Lifestyle
- Group Activities on Stress Management Strategies

### Day 4: Fostering Emotional Wellbeing in Organizations

- Promoting a Positive Work Culture through EI
- Implementing Support Systems for Team Wellbeing
- Emotional Intelligence in Conflict Resolution
- Leading with Empathy and Compassion

- Best Practices in Organizational Emotional Wellness

### **Day 5: Integrating Emotional Mastery into Executive Practice**

- Developing an Executive Emotional Mastery Action Plan
- Evaluating Personal and Organizational EI Progress
- Feedback and Adjustments for Sustainable Growth
- Panel Discussion: Insights from Industry Leaders
- Course Wrap-up and Future Development Opportunities