

NEUROVERSE GLOBAL

Emotional Intelligence & Self-Awareness

Excellence Program

A 5-Day Intensive Executive Training Program

Training Course Code: NV-TR-02-004

Prepared for: [Client Organization]

Website: <https://www.neurovtech.com/>

Contact: info@neurovtech.com

+962 795480109



Executive Summary

In today's fast-paced and complex business environment, emotional intelligence has become a critical leadership capability. Beyond strategy and technical expertise, executives must demonstrate self-awareness, emotional regulation, and interpersonal mastery to lead effectively and sustain high performance. NeuroVerse Global presents a transformative 5-day **Emotional Intelligence & Self-Awareness Excellence Program** designed to strengthen leaders' emotional agility, resilience, and influence. The program integrates neuroscience-based insights, behavioral psychology, executive coaching methodologies, and AI-powered emotional diagnostics to deliver practical, result-oriented learning. By the end of the program, executives will possess stronger self-awareness, improved emotional control, enhanced communication skills, and a clear development roadmap to lead with confidence, empathy, and strategic impact in the modern enterprise.

Program Element	Details
Duration	5 Days (40 Hours)
Target Audience	C-Suite Executives, Senior Leaders, Strategy Professionals
Delivery Options	5★ Hotel Traveling (Global Centers) Training Institute Onsite at Your Location Virtual Live Hybrid
Certification	yes
Class Size	Optimum number of participants for highest interaction and engagement

We provide flexible and premium delivery formats tailored to your strategic priorities:

- **5★ Hotel Experience:** Executive retreat setting combining strategic learning, executive networking, and high-level team in luxury venues (e.g., Amman, Dead Sea, Aqaba).
- **Traveling (Global Centers):** Delivered at world-class international locations such as London, Istanbul, Dubai, Singapore, Georgia, or select European hubs, offering premium facilities and global networking opportunities.
- **Training Institute:** Hosted at leading accredited institutes equipped with advanced learning technologies and innovation-driven environments.
- **Onsite at Your Location:** Conducted at your corporate headquarters for a fully customized, confidential, and organization-focused experience.
- **Virtual Live:** High-definition, interactive online sessions with digital collaboration tools ideal for distributed leadership teams.
- **Hybrid Model:** A strategic blend of in-person engagement and synchronized virtual participation to maximize flexibility and international reach.

Curriculum Structure

The **Emotional Intelligence & Self-Awareness Excellence Program** is designed as a transformative 5-day executive journey that enhances leaders' emotional agility, self-regulation, interpersonal mastery, and conscious decision-making.

Day 1: Foundations of Emotional Intelligence & Self-Mastery

Theme: Building the Inner Leadership Core

Module	Key Activities
Emotional Intelligence Frameworks	Daniel Goleman's EI model; Neuroscience of emotions; Executive impact of EI
Self-Awareness Deep Dive	Emotional triggers mapping; Blind spot identification; Johari Window workshop
Cognitive & Emotional Biases	Behavioral biases in leadership decisions; Reflection labs
Executive Self-Assessment	AI-powered EI diagnostic tools; 360° emotional profile analysis

Day 2: Emotional Regulation & Mental Agility

Theme: Mastering Emotional Control Under Pressure

Module	Key Activities
Emotional Regulation Strategies	Self-regulation models; Cognitive reframing; Stress reset techniques
Resilience & Executive Composure	Psychological resilience frameworks; High-pressure simulation
Mindfulness & Focus	Applied mindfulness for leaders; Neuroplasticity exercises
Energy & Emotional Management	Burnout prevention; Emotional stamina strategies; Peak performance tools

Day 3: Social Intelligence & Interpersonal Excellence

Theme: Influencing Through Emotional Awareness

Module	Key Activities
Empathy & Active Listening	Empathy mapping; Deep listening labs; Perspective-shifting exercises
Emotional Intelligence in Communication	Non-verbal intelligence; Difficult conversation simulations
Conflict & Emotional Dynamics	Conflict de-escalation frameworks; Real-world case simulations
Trust & Psychological Safety	Building high-trust teams; Psychological safety assessment workshop

Day 4: Emotionally Intelligent Leadership & Culture

Theme: Creating Emotionally Intelligent Organizations

Module	Key Activities
Leadership Presence & Emotional Impact	Executive presence modeling; Charisma & authenticity alignment
Coaching & Feedback Mastery	Emotionally intelligent feedback systems; Coaching simulations
Culture & Emotional Climate	Measuring emotional culture; Engagement & morale analytics
Change Leadership & Emotions	Emotional response to change; Resistance mapping; Case: Satya Nadella at Microsoft

Day 5: Emotional Intelligence in the Digital & AI Era

Theme: Leading Human-Centered Organizations in a Tech-Driven World

Module	Key Activities
Digital Communication & Emotional Cues	Virtual leadership presence; Emotional tone in digital environments
AI, Data & Human Emotion	AI sentiment analysis; Human vs. machine emotional intelligence
Ethical & Conscious Leadership	Values-based leadership; Emotional accountability frameworks
Capstone & Certification	Executive EI development plan presentation; Peer feedback; Certification ceremony

Delivery Options

NeuroVerse Global offers unparalleled flexibility in program delivery, ensuring that world-class strategic education is accessible regardless of location or logistical constraints. Choose the format that best suits your organizational needs:

Format	Description	Best For
Executive Retreat ***** 5* Hotel	Multi-day experience at luxury venues in hotels 5* combining learning with strategic planning and team activities. Amman, Dead Sea, Aqaba	Board offsites, strategic planning, executive bonding
Premier Training Institute	Delivered at internationally accredited, state-of-the-art institutes equipped with advanced learning technologies, executive facilities, and innovation labs.	Executive education, certified programs, high-impact professional development
Global Centers With Traveling	Conducted at NeuroVerse world-class facilities in London, Istanbul, Egypt, Dubai, Singapore, Georgia, or Europe. Premium amenities and networking.	International exposure, cross-cultural learning, executive networking
Onsite Premium	NeuroVerse facilitator at your corporate headquarters or preferred location. Full materials, and immersive experience.	Leadership teams, confidential strategy sessions, team building
Virtual Live	Synchronous online sessions with interactive tools, breakout rooms, and digital collaboration platforms. HD streaming.	Distributed teams, cost optimization, time-constrained executives
Hybrid Model	Blend of in-person and virtual elements. Regional hubs with synchronized virtual participation for global teams.	Global organizations, flexible participation, maximum reach



NEUROVERSE GLOBAL

World Leaders in Executive Education

<https://www.neurovtech.com/>

info@neurovtech.com

+962 795480109

Make you Training in more than 35 Countries Around the World

© 2026 NeuroVerse Global. All rights reserved.