

Gopal Narayan Singh University

Faculty of Information Technology

Course Name: Emotional Intelligence and Leadership

Total duration: 30 hours

Course Code: EI201

Course Objective: To help students develop a deep understanding of emotional intelligence (EQ) and its critical role in leadership. This course will equip students with practical tools to improve self-awareness, empathy, and emotional regulation, which are crucial in decision-making and fostering strong team dynamics. By exploring real-world applications, students will learn how emotional intelligence contributes to effective leadership in various professional settings.

Unit 1: Introduction to Emotional Intelligence

6 hours

Overview of emotional intelligence, Components of emotional intelligence, Self-awareness and emotional regulation

Unit 2: Empathy and Social Skills in Leadership

6 hours

Understanding empathy in leadership, Developing social awareness, Building interpersonal relationships

Unit 3: Emotional Intelligence in Decision Making

6 hours

Leadership styles and emotional intelligence, Conflict resolution through EQ, Decision-making and emotional awareness

Unit 4: Developing Emotional Intelligence

6 hours

Strategies for improving emotional intelligence, Case studies on emotionally intelligent leaders, Developing resilience

Unit 5: Emotional Intelligence in Teams

6 hours

Building emotionally intelligent teams, Managing team dynamics, Resolving team conflicts using EQ

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