

Soft Skills & Leadership Development

Workshops and coaching for teams and professionals

Feel. Think. Lead.

An Emotional Intelligence Training Workshop

For teams & leaders who want to lead with empathy and connection



A half-day, experiential training that helps teams:

Communicate under pressure

Navigate emotional tension

Practice **empathy, active listening**, and **emotional presence**

Lead with clarity

For who?

**Professionals working in teams — across roles and levels:
Team leaders, managers, project collaborators, HR & People teams,
high-potentials.**



Objectives

By the end of the workshop, participants will:



Understand and name emotions with greater accuracy

Learn how emotions impact behavior and decisions

Practice emotional regulation tools (SOAR framework, breath, pause)

Strengthen their empathy and active listening in real time

Navigate workplace tension with more intention and less reactivity

Workshop Flow

Moving from awareness to action — step by step:

- »» **Check-In & Emotional Awareness**
Naming what we feel and how it shows up — mentally and physically
- »» **Understanding Emotional Intelligence**
Goleman's 5 components, neuroscience of emotion, and why EQ drives performance
- »» **Empathy in Action**
Role-play and partner work to practice emotional presence and listening
- »» **Real-Life Scenarios**
Navigate workplace tension using the SOAR framework and active regulation tools
- »» **Team Application & Wrap-Up**
Reflect, share insights, and commit to one practice to take back to work



What Makes This Work

Real learning methods — experiential, science-backed, and action-oriented

Safe, focused facilitation — space for honesty, emotion, and real insight

Built on experience — Engineering background & mindset, corporate fluency and human-centered learning design

The Designer & Facilitator : Danai Leventakou

I come from an engineering background and years of experience in both corporate and educational environments. That shaped the way I approach learning: structured, practical, and focused on real change.

My work blends learning sciences, coaching and facilitation to create human-centered workshops that help people think clearly, communicate better, and show up with confidence.

At the core, I help teams and individuals reflect and realign — not just through theory, but through experience. Everything I design is active, intentional, and tailored to the people in the room.