

14. Emotional intelligence and coaching principles in higher education

ECTS: 2 (5x2h synchronous sessions + 40h independent work)

Summary:

This course develops emotional intelligence and coaching-based communication skills tailored to the academic context. It supports teaching staff in creating engaging, reflective, and student-centred learning environments, and helps researchers strengthen emotionally intelligent leadership, mentoring, and collaboration practices essential for interdisciplinary and international research work.

For: Academic staff and early-career researchers

Mode: Online

Places: 40

Learning outcomes:

1. To enhance participants' understanding and application of emotional intelligence (EI) in the academic environment.
2. To apply coaching techniques (e.g., questioning, active listening, feedback) in teaching and supervision.
3. To support reflective, collaborative and student-centred learning environments through EI practices.

Contents:

1. Introduction to Emotional Intelligence (EI) and its relevance in higher education settings.
2. Coaching principles in academic work: GROW model, active listening, and powerful questioning.
3. Reflective teaching practices, constructive feedback, and fostering collaborative learning environments using EI.



Methodology:

The course uses collaborative learning techniques, peer discussions, coaching simulations, reflective journaling, and case-based learning. Participants engage in experiential tasks and apply EI and coaching tools directly in their teaching and/or research collaboration contexts.

Teaching Staff:

Prof. Dr. Aistė Dromantaitė, ACC

Institute of Leadership and Strategic Management / Mykolas Romeris University

Dates and Schedule:

8 April – 6 May 2026

Live sessions (online):

16:00–18:00 Lithuania | 15:00–17:00 Spain (Zaragoza), France, Italy, Germany, Poland (CET base) | 14:00–16:00 Canary Islands

Live session dates:

08.04.2026 | 15.04.2026 | 22.04.2026 | 29.04.2026 | 06.05.2026