

EMOTIONAL INTELLIGENCE



COURSE CONTENT

The Principles and Concepts of Emotional Intelligence

- The four pillars of emotional intelligence
- The six principles of emotional intelligence

Self-Awareness and Self-Management

- Developing self-awareness and control while being aware of others' emotions
- Accurate self-assessment
- Developing self confidence and self-esteem Learning emotional self-control
- Becoming transparent and adaptable

Social Awareness: The impact of Emotional Intelligence on Life and Work Interactions

- The impact of emotional intelligence on organisational effectiveness
- The consequences and impact of applying emotional intelligence in life and work situations

Emotional Intelligence in Relationship Development and Management

- Inducing desirable responses in others
- Influencing others
- Communicating correctly
- Conflict management
- Anger management
- Building bonds Identifying personal strengths and weaknesses
- Using emotional intelligence to facilitate clarity of thought process
- Investigating techniques for developing strengths in emotional intelligence including promoting: self-regulation, self-motivation, empathy and social skills

The Role of Emotional Intelligence in Life and Work situations

- Becoming an effective communicator
- Giving effective feedback

The Personal Emotional Blueprint

- Analysing a situation
- Identifying and using my emotions
- Understanding and managing my emotions
- Applying advanced
- Blueprint steps

➔ Introduction

In today's business environment, Emotional Intelligence (EI) and communication skills are essential for success. Understanding yourself and your team's motivations, behaviours, and performance potential is crucial. This workshop will introduce the fundamentals of EI -identifying, understanding, and managing emotions, as well as effective communication and empathetic interaction. You will gain practical guidelines for applying these concepts in everyday workplace situations.

➔ Target Audience

This personal development will enable delegates to apply knowledge, skills and insight within team member or management contexts.

➔ What We Offer

Public Courses vs Closed Group Training
Face-To-Face Training (F2F)
Virtual Instructor-Led Training (VILT)
Customisation
Impact Compass

➔ Training Methodology

Our training methodology is designed with a core focus: to ensure that the knowledge acquired translates into tangible results, adding substantial value and visibly improving performance within the workplace. We employ an outcomes-based approach, fostering active engagement through highly interactive, facilitator-led sessions.

VALUE ADDED SERVICES

Personal Elevation Plan
Contact The Coach

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