

EMOTIONAL INTELLIGENCE

You're smarter than you think!

Emotional intelligence, also called EQ, is the ability to be aware of and to manage emotions and relationships. It's a pivotal factor in personal and professional success. IQ will get you in the door, but it is your EQ, your ability to connect with others and manage the emotions of yourself and others, that will determine how successful you are in life.

During this workshop, you will:

- understand what emotional intelligence means
- recognise how our emotional health and physical health are related
- learn techniques to understand, use, and appreciate the role of emotional intelligence in the workplace
- understand the different emotions and how to manage them
- create a personal vision statement
- understand the difference between optimism and pessimism
- validate emotions in others

Target audience: All staff

Course duration: 1 day
(Follow up is available)



To book this workshop or for more details of how Learning Insight can support your organisation contact:

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Topics to be explored include:

- ▶ History of emotional intelligence
- ▶ Definition of emotional intelligence
- ▶ Optimism
- ▶ The seven human emotions
- ▶ Personal vision
- ▶ Values, principles, strengths, and talents
- ▶ Validating emotions in others
- ▶ And much more!

What's included?

In-house training at a time to suit you

Instruction by an expert facilitator

A highly interactive workshop tailored for your organisation

Participant workbooks

Personalised certificate of completion

Guaranteed return on investment!