

Emotional intelligence

DESCRIPTION:

The best way to learn Emotional Intelligence is through group interactions and in a controlled environment such as a training course. This course is designed to cover critical competencies within EI and train the delegates to become much more skilled in EI. The course on EI teaches the delegates a set of core skills to become better at managing themselves and others. Emotional skills can easily come to distinguish individuals from the rest and lead them to a much more rewarding and successful life.

OBJECTIVES:

At the end of this training the participant will be able to:

- Identify the main EI competencies and know how each area can contribute to your personality and interaction with others
- Recognize and understand your moods and emotions and their effect on others
- Manage and regulate your emotions to make sure they don't disrupt your behavior
- Control and guide your emotions so you can achieve more, boost yourself and vastly increase your productivity
- Establish rapport with others and improve the effectiveness of your communication
- Understand others' feelings when interacting with them and become a trusted person in their network
- Understand others needs systematically and respond accordingly to get maximum results in your interactions with them



TRAINING CODE:

EMIPD 08

DURATION:

08 hours / 2 hours for 1 day

MODE OF DELIVERY

- presentations
- group discussions
- role-playing
- self-assessing exercises

DESIGNED FOR:

This course is suitable for

(Level 3& 4)

OUTLINE:

- Introduction to EI
- Self-Awareness
- Self-Management
- Self-Motivation
- Empathy
- Social Awareness
- Relationship Management

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