

# Skills Hack - Conquering Emotional Intelligence

Learn via: **Classroom / Virtual Classroom / Online**

Duration: **3 Day**

<https://bilginc.com/en/training/skills-hack-conquering-emotional-intelligence-3125-training/>

## **Overview**

*"In a very real sense we have two minds, one that thinks and one that feels"*

*Daniel Goleman*

*Author of Emotional Intelligence: Why It Can Matter More Than IQ*

Emotional intelligence is the key to success, proven by a ground breaking research study; people with high emotional intelligence are able to navigate the world of work with an optimistic approach, they are more able to handle setbacks, they enable strong business relationships and are able to solve conflict more easily. This thought provoking and practical workshop will give you some strategies to work with emotional intelligence.

People often ask us:

- How do I keep control of my emotions at work?
- How can I choose to respond to challenging situations in a calm and controlled way?
- How do I recognise emotional cues in other people?

## **Target audience**

This ½ day session is suitable for anyone who is new to emotional intelligence. You will learn what emotional intelligence is, why it works and how to use it.