Introduction to Emotional Intelligence Training

Duration: **1 Day**

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Overview

Emotional intelligence is the key to success inside and outside the workplace. People with high emotional intelligence are able to navigate the hybrid world of work with greater resilience, building more effective relationships and managing conflict more easily.

The great news is that emotional intelligence is not a fixed trait – it can be developed! More people than ever before are now recognising this and actively seeking to further develop their emotional intelligence.

This thought-provoking and practical workshop will encourage you to assess your own emotional intelligence and give you tools to develop your EQ further.

Prerequisites

There are no prerequisites for this course.

What You Will Learn

By the end of this course, you will be able to:

- Explain the meaning of ‘emotional intelligence’
- Assess your own emotional intelligence
- Develop greater awareness of your own emotional responses and triggers
- Identify how to manage your own emotional landscape more effectively
- Identify how to develop empathy and become a better ‘situational sensor’
- Identify ways to improve relationships and manage conflict more effectively