Fundamentals of Emotional Intelligence Training

Duration: **1 Day**

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Overview

EI (emotional intelligence) is more than a buzzword - it's a proven skill that builds trust, resolves conflicts, underpins transformational leadership and boosts collaboration.

This 90-minute virtual course focuses on two foundational pillars of EI - self-awareness and empathy – exploring what these mean in the workplace and providing practical tools to help learners build their emotional intelligence quotient (EQ), navigating workplace challenges with clarity and confidence.

Prerequisites

There are no prerequisites for attending this course.

Target Audience

This course is designed for anyone looking to develop their EI, whether in leadership, teamwork, or customer-facing roles.