

# EQ IN THE WORKPLACE

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## COURSE SCHEDULE

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### 2 DAY COURSE

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- Demonstrate emotional intelligence through real-life examples.
- Complete a self-assessment focused on emotional intelligence.
- Learn the structure and components of emotional intelligence.
- Explore the concept of emotional hijacking.
- Recognize the importance of personal and interpersonal skills within the emotional intelligence framework.
- Develop techniques for giving and receiving feedback effectively.
- Identify examples that showcase the positive and negative impacts of emotional intelligence.
- Analyze the results of applying emotional intelligence in various contexts.
- Evaluate your emotional intelligence by reflecting on your responses to real-life situations.
- Identify strengths and areas for improvement in emotional intelligence.
- Learn strategies to enhance your emotional intelligence across its various dimensions.

#### **We will cover:**

This course explores key concepts of emotional intelligence, enabling participants to assess their own strengths and areas for improvement in this domain. It provides a practical guide with tools to support behavioural changes, enhancing relationships. Participants will gain a deeper understanding of the skills that form the foundation of emotional intelligence and learn how to apply these principles in everyday interactions. You'll reflect on your behaviours and identify specific areas that require growth and development.

#### **Who would benefit from participating?**

Individuals involved in interpersonal interactions who aim to strengthen or build better relationships with colleagues.

**Contact us for date availability on:**

**082 416 2650**

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