

Expanding Your Emotional Intelligence | 3 Days

As the core of the success of every organization, Emotional Intelligence (EI) is central to a well-functioning team. A strong grasp of this crucial skillset is essential to effective collaboration, productivity, and accomplishment. This course does much more than cover the theory of EI. Incorporating powerful tools and classroom activities, you will practice and hone your skills, mastering the strategies learned to effectively communicate, connect with, and support others through healthy and productive interactions.

WHO SHOULD ATTEND:

Those desiring to achieve and apply emotional self-awareness and management to enhance their professional careers as well as realize their personal goals.

JOB ROLES:

Personal Development
Leader of Teams/Projects
Leader of Managers/Departments
Leader of Organizational Strategy

OBJECTIVES:

- Identify the key competencies of emotional intelligence
- Develop a learning path to enrich your EI
- Gain better control over your behavior under duress
- Enhance your communication skills and competencies
- Learn to thrive under stress
- Develop gratitude and strength of character
- Build a meaningful life balance and your authentic self

COURSE OUTLINE:

The History of EI

Defining Emotional Intelligence
Understanding the 5 Components of Emotional Competence
Using an Emotional Vocabulary

Can You Learn EI?

Learning to Be Emotionally Competent
Developing Self-Awareness
Building Trusting Relationships

Enhancing Your Communication with EI

Creating a Powerful First Impression
Using Body Language
Communicating with Flexibility and Authenticity

Emotions & Behavior

Expanding Your Emotional Toolbox
Applying Mindfulness
Offering Your Attention and Acceptance

Emotions Under Stress

Knowing Yourself
Applying the Right Emotions at the Best Time
Managing the Modes of Cognition

Gratitude & Strength of Character

Cultivating Enthusiasm, Confidence, Trust, Tenacity, and Character
Understanding the Role of EI at Work
Disagreeing Constructively, Applying Passion and Fostering Optimism

Meaningful Life Balance & Authenticity

Leading by Example
Giving In Without Giving Up
Making Authenticity a Part of Your DNA

We Ensure Personal & Professional Growth Through:



TOPIC-SPECIFIC, REINFORCEMENT MATERIALS TO ENRICH YOUR JOURNEY

eBooks, On-Demand Courses, Quick Videos,
Personal & Team Assessments, Tools & Templates.