

Emotional Intelligence Course Outline



What emotions are you experiencing right now? And what about me? Can you recognise mine and do you adapt your behaviour accordingly?

There is a large body of evidence saying that Emotional Intelligence (EQ) is a key factor in workplace and relationship success. It is often described as more important than IQ when progressing your career.

This course explains what EQ is and gets under the skin of the impact of our emotions on ourselves, our relationships and our productivity.

It will introduce the EQ framework, then give you practical strategies and tools to help you strengthen your EQ.

Content

- What is EQ and why does it matter?
- The EQ Quiz- where do you your strengths lie?
- The EQ Framework – recognising the competencies and skills involved
- How our thinking affects our emotions -and vice versa
- The impact our emotions have on our work
- Emotional hijack and impulse control
- Dealing with negative emotions such as tension and anxiety
- How to develop a positive mindset
- Why empathy is important and how to nurture it
- Building resilience and thriving through change



Outcomes

By the end of the day, you will:

- Understand what Emotional Intelligence is and know the impact it has on our working lives
- Have assessed your own EQ strengths and weaknesses
- Have strategies for dealing with emotional hijacks in self and others
- Know how to deal with others more effectively

About Our Training

All our courses give you:

- An insight into current thinking and good practice
- A range of practical tools and strategies you can use to help you do the job better
- Space to reflect on your current skills and behaviour

Every course will be enjoyable, engaging, interactive and fast paced.

Training should never be a drudge. We believe that learning is inextricably linked to enjoyment. The better the experience, the greater the learning. We always have a light touch and an easy manner that makes it easy to engage with the topic at hand.

There is no chalk and talk or death by PowerPoint here. All the content will be relevant, too. We are always purposeful and focused and haven't got time to waste building towers out of straws. We are much more concerned with seeing pennies drop, lightbulb moments and equipping you to thrive at work.



Get in touch to find out what we offer and how we can help you.

