



Emotional Intelligence

Select Your Learning Style

Facilitator-led 1 Day Program (Classroom)

OR

eLearning format (Self-paced)

Please refer to Pricing Page for cost per participant

Emotional intelligence, also called EQ, is the ability to be aware of and to manage emotions and relationships. It's a pivotal factor in personal and professional success. IQ will get you in the door, but it is your EQ, your ability to connect with others and manage the emotions of yourself and others, that will determine how successful you are in life.

We have all worked with and listened to brilliant people. Some of them were great and... well, some were not so great. The mean and the meek and all those in between can teach us more than they realize. When we look at the truly extraordinary people who inspire and make a difference you will see that they do this by connecting with people at a personal and emotional level. What differentiated them was not their IQ but their EQ – their emotional intelligence. This program will help you develop your emotional intelligence.

What Will Participants Learn?

- ✓ Understand what emotional intelligence means
- ✓ Recognize how our emotional health and physical health are related
- ✓ Learn techniques to understand, use, and appreciate the role of emotional intelligence in the workplace
- ✓ Understand the different emotions and how to manage them
- ✓ Create a personal vision statement
- ✓ Understand the difference between optimism and pessimism
- ✓ Validate emotions in others

What Topics are Covered?

- ✓ History of emotional intelligence
- ✓ Emotional intelligence defined
- ✓ EI blueprint
- ✓ Optimism
- ✓ Validating emotions in others
- ✓ Understanding emotions
- ✓ Setting your personal vision

What's Included in Your Learning Style?

- ✓ Self-paced eLearning OR
- ✓ Interactive class environment – Facilitator-Led
- ✓ Specialized course materials and resources
- ✓ Personalized certificate of completion

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