Emotional Intelligence Course

Duration: One or two days
Delegate No: Min 4, Max 8
Times: 09:30 - 16:30

Target Audience

• This course is perfect for individuals who want to understand more about how emotions impact on people and how we choose the impact of our behaviour. The training is ideal as part of a leadership development programme and can be tailored to meet your specific goals.

Course Aim

• The course will help achieve an understanding of how emotions shape who we are, how we relate to others and how to improve relationships. Participants will leave with tools that shine a light on what EQ is and how to use it to great effect.

• Participants will increase their knowledge of emotional intelligence (EQ) to improve their interpersonal and intrapersonal skills, adaptability, stress management and general mood.

Course Objectives

By the end of this training course, the participants will have:

• Gained an insight into emotional intelligence, what it is and how you can use it.

• Developed an awareness of the BarOn EQ-i model, used to measure emotional intelligence.

• Developed self awareness and self management of personal emotions.

• Explored ways to advance personal emotional intelligence.

• Recognised emotions in others, responding to those emotions in order to inspire high performance.

• Understood the consequences of behaviour and weigh decisions before action.

When dealing with people, remember you are not dealing with creatures of logic, but with creatures of emotion.

Dale Carnegie
Course Outline

• Definition of EQ is and its key components - BarOn EQ-i.
• Occupational EQ and self-awareness.
• Empathy & relationships for improved communications.
• Managing your own emotions to positive outcomes.
• Understanding change & others - difference in communication and decision-making.
• Self-motivation & SOCS problem-solving.

Course Methods

• The latest thinking on EQ will be shared with the group and there will be regular opportunities for skills practice in both small and larger groups. Skills will be reviewed for continuous improvement.
• The learning will have four fundamental principles which will be:
  1. Highly engaging (methods that talk to the ‘head and heart’)
  2. Interactive (mix of experience, discussion and practice)
  3. Innovative (latest thinking & tools)
  4. Encourage participation (a ‘Socratic’ learning methodology applied) so that delegates take ownership of their own development and future behaviour

The training will be supported with:

• An optional participant pre-course questionnaire and/or pre-course reading.
• A colour printed workbook with tips, techniques and space for personal notes.

Client reviews

⭐⭐⭐⭐⭐ 4.7/5 stars from 30 reviews on Freelnex and Google