

EMOTIONAL INTELLIGENCE

PURPOSE / OUTCOME

- Understanding own EQ, understanding strengths and development areas
- Understanding the impact of EQ on performance of self, team and organisation
- Practical techniques for developing EQ

PRACTICAL ACTIVITIES

- Complete self-reporting EQi questionnaire before workshop
- Learning during workshop takes place through exploring various concepts of emotional intelligence, case studies and group work
- Individual coaching sessions offered post training (developing further insight into own EQ strengths and challenges, developing techniques for managing disruptive emotions and choosing own behaviour, developing tactics for improving decision-making, communication and the quality of relationships)

CONTENT

- Self-assessment of EQi profile
- Understand what emotional intelligence is – how emotion underpins performance
- What is the relevance to the business environment – EQ of high performance leaders
- Exploring the link to leadership
- Theory based on 5 EQi traits (intrapersonal, interpersonal, stress management, adaptability, general mood using BarOn Model)
- Working with self-awareness, self management, motivation and relationship building
- Exploring some of own personal EQ challenges and strengths

TARGET GROUP

All levels of staff and management teams

DURATION

1 day