

## EMOTIONAL INTELLIGENCE

Duration: 1 day

### Objective

To equip delegates with the understanding and ability to integrate EQ in the workplace.

### Design

- 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 five EQi traits:
  - Intrapersonal
  - Interpersonal
  - Stress management
  - Adaptability
  - General mood
- Working with self-awareness, self-management, motivation and relationship building
- Exploring some personal EQ challenges and strengths

### Target group

All levels of staff and management teams

