

Improve Your Emotional Intelligence (EQ) – a one day workshop

Introduction:

The foundation of personal and professional success lies in knowing yourself, understanding others and mastering the effect you have on the people around you. Join our 'Improve Your Emotional Intelligence' workshop and learn the secrets of success.

Wouldn't it be great if you always knew what to say to get the best out of people?

In the early 1990's, Dr John Mayer and Dr Peter Salovey introduced the term emotional intelligence (EI) or 'EQ'. They used this term to describe a person's ability to understand his or her own emotions and the emotions of others and act accordingly.

In this one day interactive workshop, you will discover what emotional intelligence is and how it can help you to get better results. You will learn about your own emotional intelligence and find out how you can improve your own personal and business success.

Workshop objectives:

- Introduce the concept of emotional intelligence, why it matters and how it can help you
- Understand the emotional intelligence competencies and characteristics
- Understand your emotional intelligence levels and receive your own personal report
- Experience practical techniques to improve your EI and enhance your development
- Effectively manage behaviours that may be holding you back from optimal performance
- Create an action plan for your continued personal and professional development.

You will learn how to:

- Increase your self awareness and understand yourself better
- Become more productive and improve your performance at work or in your business
- Manage your emotions better to reduce and manage stress more effectively
- Improve your interpersonal skills and develop your self-confidence
- Recognise what you can do differently to achieve success and happiness in your life.

Who should attend?

Managers, Human Resources Professionals, Coaches, Therapists, Trainers, and anyone interested in their own personal development. It would suit an employee or client who is already functioning at an everyday level. The number of participants in this course this course is restricted to eight.

What is included?

- One day training course with lunch, refreshments and workbook
- 20 page personalised Thomas International Emotional Intelligence report (questionnaire completed online prior to the workshop)