

Emotional Intelligence

Aim To help Managers and Supervisors improve their interpersonal skills

Objectives By the end of this workshop, participants will be able to:

1. Explain the complimentary forms of intelligence involved in Managing and Leading
2. Describe what it means to work with enhanced emotional intelligence
3. Explain the benefits and effects of working with heightened emotional intelligence
4. Describe the four sequential components of Emotional Intelligence
5. Explain how they can continue to develop their emotional intelligence throughout their life
6. Produce a personal action plan based on the insights they have gained

Format

This course is a thought provoking and highly interactive experience

Overview

- An exploration of how the triune brain can function in a synergistic way
- How Intelligence Quotient can enable successful management
- How Emotional Quotient enables leaders to influence others
- Understanding the foundational psychology of how people tick and operate
- Using Insights Discovery® psychometrics to understand people
- An in depth exploration of the four sequential components of Emotional Intelligence
- Participative exercises to help develop emotional intelligence
- How to recognise people's emotional state and respond effectively
- The Four Branch Model Of Emotional Intelligence
- Participants will finalise their personal action plans

