

EMOTIONAL INTELLIGENCE (EQ) FOR PROFESSIONALS TRAINING COURSE

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COURSE LENGTH: 1.0 DAYS

The Emotional Intelligence (EQ) For Professionals training course teaches you how to develop your emotional intelligence or your ability to manage your responses based on your objective assessment of different personalities and situations.

After completing this one-day course, you will have learned: what is EQ, the four core skills required to practice EQ (self-management, self-awareness, self-regulation, self-motivation), how to use empathy, how to interpret, manage and articulate your emotions using the right language, the benefits of having a high EQ both at home and in the workplace, and much more.

This newly found emotional "awareness" allows you to communicate more effectively, succeed at work and achieve your career and personal goals in a shorter amount of time.

This comprehensive course is now available in London, Birmingham, Leeds, Glasgow, Sheffield, Bradford, Edinburgh Liverpool, Manchester and UK wide.

Please click the In-House Training tab to receive a free quote for courses delivered at your preferred location.

EMOTIONAL INTELLIGENCE (EQ) FOR PROFESSIONALS TRAINING COURSE COURSE OUTLINE

FOREWORD

Healthy emotions + Clear thinking + Appropriate action = High EQ

Emotional intelligence is a skill. And like any other skill, you can get better at it with training and practice. It allows you to read the style of individuals and adjust your communications accordingly.

This one day training course is useful for anyone who leads or works with other people, no matter what size the organisation. This course will focus on the five core competencies of emotional intelligence: self-management, self-awareness, self-regulation, self-motivation and empathy and also include interpersonal skills.

Participants will learn to develop and implement these competencies to enhance their relationships in work and life by increasing their understanding of social and emotional behaviours, and learning how to adapt and manage their responses to particular situations.

OUTCOMES

After completing this course participants will be able to:

- ▶ Define **Emotional Intelligence (EQ)**
 - ▶ Identify the benefits of emotional intelligence
 - ▶ Learn the four core skills required to practice emotional intelligence
 - ▶ Define and practice self-management, self-awareness, self-regulation, self-motivation and empathy
 - ▶ Read associated verbal and nonverbal communication
 - ▶ Successfully communicate with others in a non-verbal manner
 - ▶ Verbally communicate with others
 - ▶ Interpret and manage your emotions
 - ▶ Master tools to regulate and gain control of one's own emotions
 - ▶ Articulate your emotions using the right language
 - ▶ Balance optimism and pessimism
 - ▶ Effectively impact others
 - ▶ Relate emotional intelligence to the workplace
 - ▶ Use the concepts and techniques in the workplace
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MODULES

Lesson 1: EQ - A Passing Fad?

- ▶ The Power of Emotions
- ▶ The Limbic System
- ▶ Useful Models of Emotional Intelligence
- ▶ Reflection

Lesson 2: I Feel therefore I Am

- ▶ Tuning in to your own emotions
- ▶ Johari Window
- ▶ Self-Control
- ▶ Resilience
- ▶ Reflection

Lesson 3: The Emotions of Others

- ▶ Interpersonal skills
- ▶ Social Awareness and Empathy
- ▶ Emotions and Culture
- ▶ Reflection

Lesson 4: Emotions @ Work

- ▶ Influencing Others
- ▶ Having difficult conversations
- ▶ Dealing with change
- ▶ Toxic Workplaces and Emotional Intelligence
- ▶ Reflection

Lesson 5: The Dark side

- ▶ Manipulation
- ▶ Emotional Honesty
- ▶ Reflection

Lesson 6: Leading and Emotions

- ▶ Leadership and Emotional Intelligence
- ▶ Emotional Agility
- ▶ Cultivating EI in organisations
- ▶ Reflection

Lesson 7: Reflections

- ▶ Create an Action Plan
- ▶ Accountability = Action
- ▶ References

WEB LINKS

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- ▶ [View this course online](#)
 - ▶ [In-house Training Instant Quote](#)