

Foundations of Emotional Intelligence

Full-day workshop 8:30am – 5:00pm



What's it about?

This one-day workshop equips participants with the foundational knowledge and skills to use emotions intelligently at work. Participants will have a robust rationale and framework they can use to start developing an ability to perceive, use, understand and manage emotions in themselves and others.

Benefits:

- Learn crucial skills to develop great relationships and relate to people effectively.
- Discover how emotions influence thinking, behavior, decision making and performance.
- Identify your triggers and how to respond to them.
- Understand, interpret and manage your emotions.
- Improve individual performance and collaboration resulting in better business outcomes.
- Increase your perception of emotions in yourself and others.

Who should attend?

- Anyone who wants to increase their influencing skills and ability to manage relationships.
- Leaders, salespeople, front-line managers, project managers, customer service employees and anyone whose job involves dealing with people.