

Emotional Intelligence Essentials

Course: 4666

- Duration: **1 day**
- Language: **English**
- Level: **Intermediate**
- **8 DevOps Institute Continuing Education Units**

Emotional intelligence, also referred to as Emotional Quotient (EQ), is vital for successful leadership, career success, and overall effectiveness. With this training course, you gain the knowledge and skills to manage emotions, communicate intelligently, raise your EQ, apply EQ to understand yourself and others, and develop a plan for self-improvement. Training emotional intelligence could be the next step to boosting your career.

This product offers access to a library of on-demand business leadership, communications, and professional growth and development courses. At any time during your annual access to this offering, you may attend one of our 1-day review sessions focused specifically on Emotional Intelligence Essentials (4666).

Emotional Intelligence Essentials Delivery Methods

- Choose from instructor-led and blended delivery methods

Emotional Intelligence Essentials Course Information

Develop greater self-awareness
Manage strong emotions in yourself and others
Respond to difficult people by inspiring and fostering respect
Build strong relationships by utilizing emotions in positive ways

Emotional Intelligence Essentials Course Outline

Training Outline Modules Course Information

- Challenging self-limiting beliefs
- Finding calm in challenging situations
- Developing positive intelligence
- Managing anger in the workplace