

Emotional Intelligence Essentials

Course: 4666

- Duration: **1 day**
- Language: **English**
- Level: **Intermediate**

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

Emotional Intelligence Essentials FAQs

What background do I need?

No specific experience is required.

How will I access my course materials if I choose the blended learning delivery method?

Once payment is received, you will receive an email from Learning Tree with all the links and information you need to get started.

What on-demand content will I receive if I choose the blended learning delivery method?

An outline of the content you will receive can be seen above. You will also get access to any new on-demand content that becomes available during your annual enrolment period.

How can I sign up for a review session with the blended learning delivery method?

Once you are enrolled in the program, specific details and dates will be sent to you.

Is this course eligible for DevOps Institute Continuing Education Units (CEUs)?

Yes, this course is eligible for 8 DevOps Institute Continuing Education Units. Learning Tree offers a variety of DOI CEU-eligible training to help you maintain your certification. [View the list of DOI CEU-eligible training courses.](#)