

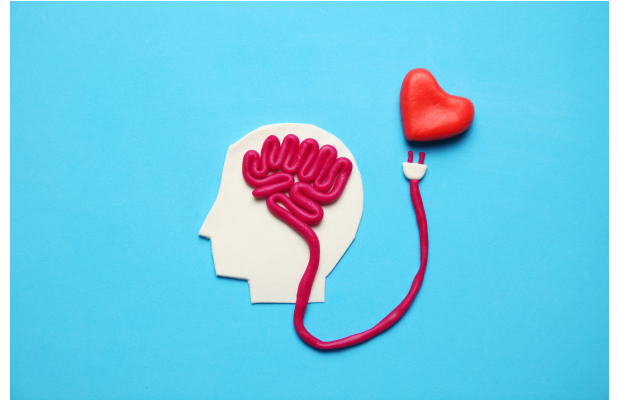
With
Carolyn
Cleveland

Emotional Intelligence

Duration: 1 day

CPD Hours: 7.25

**Format: Face to Face or
Online**



Overview:

In this immersive one-day session, the primary focus is on unlocking the transformative power of Emotional Intelligence with a strong emphasis on developing emotional awareness and incorporating principles of positive psychology. The training aims to create an experiential learning environment, fostering the cultivation of empathy, kindness, and personal well-being.

Through this experiential approach, participants are empowered to not only develop their emotional intelligence but also to deepen their emotional awareness. This emphasis on heightened emotional awareness, combined with principles of positive psychology, provides a comprehensive framework for personal growth. The training equips individuals with the skills to make emotionally intelligent decisions, fostering psychological safety, building trust, enhancing creativity, and embodying the qualities of a positive and emotionally intelligent person.

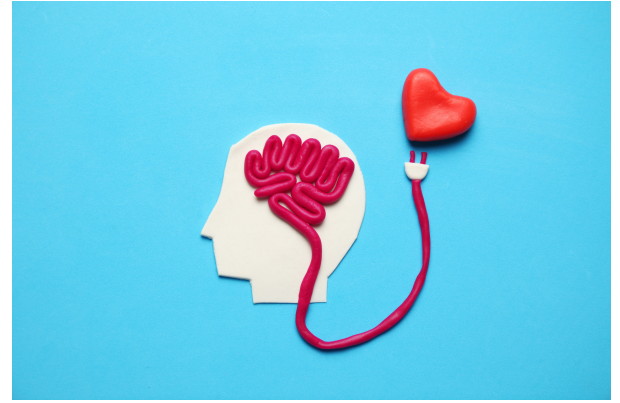
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to Book!**




Training made easy

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Who will Benefit?

For anyone wanting to understand more about themselves, the human brain and how to develop their emotional intelligence

Key Learning Outcomes:

- ▶ Transformative Emotional Intelligence: Understand and apply Emotional Intelligence, emphasising awareness and positive psychology.
- ▶ Cultivate Empathy and Kindness: Equip for empathy, kindness, and personal well-being in interactions.
- ▶ Acknowledge Emotional Variations: Recognise and appreciate diversity in emotional intelligence, fostering growth.
- ▶ Navigate Well-being: Explore well-being's impact, gaining resilience strategies for diverse environments.
- ▶ Deepen Emotional Awareness: Cultivate holistic personal growth through experiential emotional learning.
- ▶ Apply Positive Psychology: Integrate positive psychology for a comprehensive approach to personal growth.
- ▶ Harnessing Success: Explore how recognising successes becomes a powerful tool for making positive and emotionally intelligent decisions, fostering trust and creativity

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