

EMOTIONAL INTELLIGENCE AT WORK

DATES:

August 20, 22, 27, 29 - 2025

TIME:

8:30 am – 12:30 pm each day

COST:

\$3000 per participant

VENUE:

Online

TARGET GROUP:

Anyone in the organisation

ELEMENTS OF THE PROGRAMME:

- 4-Day Workshop
- Email Coaching
- Post- Workshop Assignment

Nexus Consulting

Training & Management
Consultancy

E.I. is the ability to recognise and manage emotions in ourselves and in others. The goal is to have the best impact on others, as well as to influence them and manage situations more effectively, at work and at home.

The *E.I. at Work* programme focuses on developing and enhancing the core E.I. Competencies of Self Awareness, Self Control, Empathy and Resilience, to achieve this goal.