

ONLINE

EMOTIONAL INTELLIGENCE AT WORK Training Programme

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 workshop places emphasis on developing the E.I. competencies of: *Self Awareness, Self Control, Empathy & Resilience / Optimism.*

Target Group:
Anyone in the organisation

Elements of the programme:
6-Day Workshop, Email Coaching & Post- Workshop Assignment.

OBJECTIVES

- To develop and enhance the core E.I. competencies of Self Awareness, Self Control, Empathy and Resilience/Optimism
- To enhance communication in order to bring out the best in others, both at work and at home
- To understand the impact one's behaviour has on others
- To manage own emotions more effectively
- To be better able to overlook and handle mistakes made by others
- To manage conflict more effectively
- To identify and challenge own beliefs that are disempowering
- To have reduced stress levels because of developing new ways of looking at things

WORKSHOP DATES:

October 8th, 10th, 15th, 17th, 22nd, 24th - 2024

TIME:

9:00 am - 12:30 pm each day

COST:

\$3000 per participant

VENUE:

Online