

Emotional Intelligence

Want to be more successful in life? Discover more about yourself and others, and ways to manage relationships and make the most of every situation.

Course length

2 days - the duration and content can be tailored to meet specific requirements

"Success in business today is 15% technology and 85% emotional intelligence" Tom Peters, In Search of Excellence

Why come on this course?

For participants to increase their knowledge of emotional intelligence to improve interpersonal and intrapersonal skills, adaptability, stress management and general mood. The course will help achieve an understanding of how emotions shape who we are, how we relate to others and how to improve relationships. Participants will leave with tools that shine a light on what emotional intelligence is and how to use it to great effect.

Who is it for?

This course is designed for those who want to understand more about how emotions impact on people and how we choose the impact of our behaviour. The recommended numbers are 8-12 delegates.

What will I learn?

By the end of this course you will:

- Gain an insight into emotional intelligence, what it is and how you can use it
- Develop an awareness of the BarOn EQ-i model, used to measure emotional intelligence
- Develop self-awareness and self-management of personal emotions
- Explore ways to advance personal emotional intelligence
- Recognise emotions in others, responding to those emotions in order to inspire high performance
- Understand the consequences of behaviour and weigh decisions before action

Course style

The latest thinking on emotional intelligence will be shared with the group and there will be regular opportunities for skills practice in both small and larger groups. Skills will be reviewed for continuous improvement. The learning will have four fundamental principles which will be:

- 1 Highly engaging (methods that talk to the head and heart)
- 2 Interactive (mix of experience, discussion and practice)
- 3 Innovative (latest thinking & tools)
- 4 Encourage participation (a Socratic learning methodology applied) so that delegates take ownership of their own development and future behaviour

Course materials

Course manuals are provided to support the topics covered. Certificates of attendance will be presented to each delegate after the training has been completed.

ALPHA TRAINING

DEVELOPING YOUR PEOPLE, TO GROW YOUR BUSINESS

Course contents

- What emotional intelligence is and its key components – BarOn EQ-i
- Occupational emotional intelligence and self-awareness
- Empathy and relationships for improved communications
- Managing your own emotions to positive outcomes
- Understanding change and others – difference in communication and decision-making
- Self-motivation and SOCS (Situation, Options, Consequence & Solutions) problem-solving

How do I book?



Call us now on 020 8658 6994



Email us at admin@alphatraining.com



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