



Emotional Intelligence

Course Description:

This fun course will create an understanding of what Emotional Intelligence is. Learn how to increase an individual's level of EI in order to maximize performance and develop great relationships. Emotional Intelligence is an essential indicator of success. When one develops a higher level of EI, they will not only become a better performer, they will raise the performance of those they lead.

Course Objectives:

After completing this course, employees at all levels will be able to manage their emotions and the emotions of those around them. This gives them a sense of control within their environment, where most feel that the environment is controlling them. Once in control, employees will be more productive, engaged and successful.

- Understand Emotional Intelligence
- Increase self-awareness & social-awareness
- Develop relationships up and down the organization
- Learn behavioral control and emotional control
- Empathize and understand others
- Increase and manage perceptions
- Understand what drives behavior and how to create lasting change.
- Overcome challenges, defuse conflict and relieve stress
- Learn how to control your environment rather than be controlled by it.
- Influence others in a positive way
- Unlock the hidden potential that exists within yourself