



**Emotional Intelligence is not about being soft.
It is a highly effective way of being smart and the skills can be developed by anyone
If you want to lead you need emotional intelligence**

The Emotional Intelligence quotient (EQ) is the ability to acquire and apply knowledge from your emotions and the emotions of others. People with well-developed EQ use this information about feelings and to help them make effective decisions about what to say or do (or what NOT to say or do!).

This one-day program will enable you to develop the skill of understanding and using your emotions to help you make good choices 'in-the-moment'. It will enable you to have more effective control over yourself and therefore to better manage your impact on others.

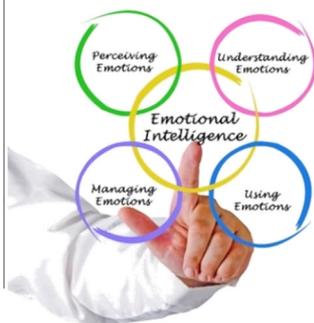
Included in the program is a comprehensive Bar-On EQ-i report (Emotional Quotient Inventory) that will provide participants with a confidential, personalised report on their current levels of Emotional Intelligence in the 5 key EQ areas. The report also provides strategies and recommendations that will develop each of the 5 areas.

During this workshop we will be exploring the various facets of EQ including the impact and relationship of each of the 5 factors in corporate situations.

The program content revolves around the 5 Emotional Intelligence factors

Content:

- Leadership and EQ in the workplace
- The impact of EQ on success
- How to develop EQ
- The five EQ factors
 - Intrapersonal
 - Knowing what you're feeling
 - Interpersonal
 - Managing relationships
 - Adaptability
 - Dealing with Change and ambiguity
 - General Mood
 - Managing your feelings
 - Stress Management
 - Behaviour under pressure
- Personal EQ-i analysis
- Personalised strategies to enhance and develop EQ in all 5 factors



Duration: 1 day
On-going 1:1 coaching optional

