

Power Session: Emotional Intelligence

Aim

To supply the learners with the necessary knowledge and confidence, regarding communicating in an emotionally intelligent manner. Studies show that individuals with increased emotional intelligence are four times more likely to succeed in life than their equal IQ counterparts.

What Others Had to Say About this Course...



*Very helpful and clear - opened my mind. ~
Sirugile*

Who Should Attend this Course?

This course will benefit all staff.

Outcome

The content of this workshop would be useful to all delegates who work with people in their place of employment. It is a powerful session that teaches us to analyse the relationship between emotional intelligence, self-awareness, and mindfulness, in relation to either leadership or self-mastery, or both. The outcome is that our communication becomes more authentic and honest, and we are better equipped to handle conflict, difficult situations and tough discussions.

SAQA US ID	NQF LEVEL	CREDITS	US TITLE
252031	5	4	Apply the principles and concepts of emotional intelligence to the management of self and others

Duration: 2,5 hours hours

Content

What is Emotional Intelligence?	<ul style="list-style-type: none">The two pillars of emotional intelligence and its five domains
Principles of Emotional Intelligence in Practice:	<ul style="list-style-type: none">How the principals are visible in our daily behaviour and communication:<ul style="list-style-type: none">Knowing SelfManaging your EmotionsMotivating yourselfHaving EmpathyManaging communication and relationships
Moving from theory to practice	
