

Keynote Outline:

Developing your Emotional Intelligence for High Performance

Delivery Format

Live online or live in-person.

Who Should Attend

General.

Duration

1 hour.

Keynote Aim

Research has shown that one's emotional intelligence (measured by our "EQ"), our ability to understand, master and influence emotions, to relate and influence others effectively contributes as much as 80% of our success and fulfilment at the workplace and in life.

This highly interactive and inspiring talk will empower participants with a practical introduction to EI, and how to develop and apply this critical resource to improve your levels of energy, motivation and develop exceptional relationships with others.

Benefits of Attending

Participants from this keynote will benefit from the following:

- Understanding of EI and its role in our effectiveness, productivity and quality of our relationships
- Practical tips and strategies to master your emotional state, empathy and influence skills

What it Covers

- History and definition of EI
- Emotional intelligence versus emotional competencies
- Link between your EI and your productivity, performance and level of effectiveness at work and in life
- Your EI and your leadership potential
- How to develop your EI
- Practical skills to cultivate self-awareness, self-management and motivation

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