

# Course Outline:

## An Introduction to Emotional Intelligence

### Delivery Format

Live online or live in-person.

### Who Should Attend

General.

### Duration

1 day.

### Course Aim

Emotional Intelligence is defined as “a form of social intelligence involving the ability to monitor one’s own and others emotions, to distinguish among them and to use this information to guide one’s thinking and behaviours” (Salovey and Mayer, 1990). Research has shown that one’s emotional, as opposed to cognitive intelligence is a key predictor to one’s performance in life and at the workplace.

This course seeks to provide participants with a good introduction to emotional intelligence and the concepts of self-awareness, self-management, social awareness and relationship management. It will empower participants with practical tips and strategies to understand themselves and others, what affects one’s emotional state and how to regulate and manage this in order to strengthen personal levels of motivation, elevate the quality of their relationships and their ability to influence for greater effectiveness.

### Benefits of Attending

Participants at this workshop will experience the following benefits:

- A good understanding of emotional intelligence and the benefits on developing this important asset for greater effectiveness and fulfilment
- Greater awareness of their emotional states, how to control disempowering emotions and create empowering emotions that will enable them to better influence themselves and others
- Enhanced self-confidence to master new skills, take on new challenges and adapt to change
- Renewed sense of purpose and energy and to be able to infect your colleagues and teams with this
- Through understanding what affects others emotional states, the ability to use this information to improve relationships and influence of others
- Strengthened ability to lead and inspire others

[www.eqstrategist.com](http://www.eqstrategist.com)

**Australia** +61 (0)2 8901 3239 PO Box 258, Roseville NSW 2069, Australia

**Singapore** +65 8778 7250 119 Holland Road, Singapore 278563

ABN: 20327318387 UEN: 201723917N

## What It Covers

The workshop will cover:

- An introduction to emotional intelligence
- The competencies that distinguish star performers from the rest
- How to measure and develop one's emotional intelligence
- Strengthening self-awareness – the three factors that drive one's emotions
- Distinguishing between empowering and disempowering emotional states
- Overview of self-management, social awareness and relationship management

## Delivery Strategy

The learning has been structured as full day interactive workshop led by our experienced trainers. The workshops will contain a series of power point slides, accompanying information, written activities and reflective tasks and videos.

## Formal Certification

At the completion of this program, the participant will be eligible to receive a Certificate of Participation from EQ Strategist.