



Participants will learn about ...

The significance of developing emotional intelligence so as to attain higher degrees of achievement, career success, leadership, and personal well-being.

The ability to perceive, assess and manage emotions, and effectively deal with everyday pressures and demands, can enhance satisfaction and productivity at work and interpersonal relationships.

PRE-WORKSHOP

Participants are required to complete BarOn EQ-i® Assessment

PROGRAMME CONTENT – 1 OR 2 DAY/S

DAY 1: THE FUNDAMENTALS OF EMOTIONAL INTELLIGENCE

- Overview of Emotional Intelligence and its impact on social functioning
- Why focus on emotional intelligence at work?
- Introduction to BarOn EQ-i®
- Models of EQ and how do they compare to BarOn
- Strategies on developing components of EQ competencies
- Five Realms and 15 Subscales



- Interpreting your BarOn EQ-i® report

DAY 2: APPLICATION OF EMOTIONAL INTELLIGENCE

- Putting it into Perspective – Examples of case studies
- EQ and your success
- Practice Exercises
- Stress management tips

PROPOSED TOOL:

- ⊕ BarOn EQ-i® (Emotional Intelligence Assessment)

