

learning
equals
development

EQV Course Outline



■ Emotional Intelligence

■ 1 Day

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Emotional Intelligence (1 Day)

Business Benefit

Understanding Emotional Intelligence can make the difference between average and excellent performance within people.

Who Should Attend?

Managers and supervisors who wish to develop their skills and abilities and anyone who wants to understand more about emotional intelligence and how it can benefit the workplace.

Learning Objectives

*By the end of this course
you will be able to...*

- Defining and using Emotional Intelligence
- Identify what is Emotional Intelligence (EI)?
- Be able to use and develop EI in the workplace
- Describe the business benefits of using EI in the workplace

Course Content

- Defining Emotional Intelligence
- Assessing your own Emotional Intelligence
- Understanding your emotional responses and the impact on others
- Managing and engaging emotions within your work groups or teams
- Understanding the difference between reaction and response
- Developing empathy
- Improving task efficiency and relational effectiveness

2011
Jul 27
Aug 26
Sep 26
Oct 26
Nov 23
Dec 22

2012
Jan 25
Feb 23
Mar 23
Apr 26
May 25
Jun 28
Jul 12
Aug 21
Sep 17
Oct 11
Nov 06
Dec 07

You may also be interested in

Leadership

Training Locations

Leicester, Sheffield, Liverpool, Manchester, Basingstoke, London

Price:
£395
per person

The EQV Promise

We ensure that our courses are well received and are delivered by trainers that have actual commercial competency in their chosen subject.

Not only is this essential for our accreditation purposes but it ensures that the trainers will be able to include relevant experiences they themselves have learnt from. This generates appropriate engagement and empathy in the training environment.

When the course is completed we will report back to you about how the training has been received and can indeed evaluate the training right from start to finish after the skills transfer period. This information can come from your account manager who is your main point of contact at all times.

The EQV Experience

Our training courses take the attendee on a journey of learning and development. Throughout the course everyone is engaged in a stimulating and participative way.

Our courses are designed to encompass many different kind of learning activities making sure they appeal to different natural styles of learning that individuals have.

Activities may include a selection of syndicate work, discussion, pair work, case studies, games, role play, quizzes and presentations.

During the event an individual works on their own implementation plan so that they have a clear plan of how they are going to support their own skills transfer back in the workplace. Whilst it is important for the attendees to enjoy the workshop we want to ensure they apply as much as possible back in the workplace.

Our Training Centre

Set in the heart of beautiful rolling Leicestershire countryside, our idyllic training facilities not only provide attendees with the perfect environment to concentrate on their individual learning experience but also provide the practicality of ample parking and fully designed and equipped training rooms.

You will be greeted upon arrival by our training co-ordinator who is your point of contact throughout the day should have any specific queries.

A delicious buffet lunch is provided catering for a variety of dietary needs.

What Delegates Say about this course

"An interesting subject made clear"

"Well presented"

"Taught me what to be more aware and in control"

