

Growing Emotional Intelligence - 1 day



Pre-requisites

There are no pre-requisites for this course.

Description

Do you need to:

- Reach your full potential
- Understand your emotions and behaviour better
- Work more effectively with others
- Gain self-awareness
- Manage your emotions more effectively
- Deal more effectively with other people's emotions
- Get rid of the "emotional baggage" you carry with you

Aim

The aim of this course is to enable participants to manage their own emotions and build more effective relationships in all parts of their lives.

The principles models and practical exercises covered in this course are able to be implemented immediately in all professional situations and in life in general. When applied correctly and with dedication, they will produce startling results.

This in-depth course develops self-knowledge and understanding to improve effectiveness. The benefit is a depth of fulfilment both personally and professionally. It is suitable for anyone who wants to improve their level of performance.

Learning Outcomes

At the completion of this course you should have the skills and knowledge to:

- Discover the difference between Emotional Intelligence and Emotional Intelligence competencies

- Understand the role of Emotional Intelligence in determining their success in their career and life in general
- Recognise the Emotional Competencies they need to develop in order to be more effective.
- Identify the emotions driving their reactive behaviour patterns
- Learn how to reprogram themselves to develop proactive patterns of behaviour
- Examine the effect their emotions and behaviour have on others
- Work more effectively with others and in team situations.
- Build more effective relationships at work and elsewhere
- Become more resilient to potentially stressful situation

Topics Covered

Key topics covered on this course include:

- Emotional Intelligence vs emotional competence?
- EQ as a better predictor of success
- The Emotional Intelligence Competency Framework
- Developing self-awareness and self-management
- Managing your emotions and behaviour
- Re-training your brain to change reactive patterns of behaviour



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