www.logicalimagination.com
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Emotional Intelligence

Course #: PD-108 **Duration:** 1 day

Prerequisites

None

Details

This one-day intensive course on Emotional Intelligence for business professionals is designed to provide a comprehensive understanding of Emotional Intelligence (EI), its origin, and its crucial role in personal and professional domains. It involves theoretical knowledge and practical activities to ensure participants can effectively apply their learning.

Software Needed

None

Outline

- **Emotional Intelligence Self-Assessment**
- **What is Emotional Intelligence?**
  - The Origins and Evolution of Emotional Intelligence
  - Understanding Emotional Intelligence
  - The Importance of Emotional Intelligence
  - Emotional Intelligence versus Intellectual Intelligence
- **Components of Emotional Intelligence**
  - Self-awareness
  - Self-regulation
  - Motivation
  - Empathy
  - Social Skills
- **Emotional Intelligence in the Workplace**
  - Role of EI in Effective Leadership
  - Impact of EI on Teamwork and Collaboration
  - How EI Contributes to Decision-making and Problem-solving
- **Emotional Intelligence Self-Assessment**
  - Interpreting Assessment Results
  - Identifying Personal Strengths and Areas for Improvement
- **Developing Your Emotional Intelligence**
  - Strategies for Enhancing Self-awareness, Self-regulation, Motivation, Empathy, and Social Skills
  - Role-playing Exercises and Scenario Analysis

    - Mindfulness Techniques and Stress Management
    - Creating an Emotional Intelligence Blueprint
- **Fostering an Emotionally Intelligent Team**
    - How to Communicate Empathy
    - Coaching and Feedback Strategies
    - Techniques for Motivating and Engaging Your Team
    - Creating and Fostering an Emotional Intelligence Culture