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EMOTIONAL INTELLIGENCE (EQ) TRAINING

Generate a group quote today OR Register now for the next public course date

COURSE LENGTH: 1.0 DAYS

As part of our newly redeveloped Signature Series Courses, The Emotional Intelligence (EQ) training course teaches you how to develop your emotional intelligence and your ability to manage your responses based on your objective assessment of different personalities and situations.

After completing this one-day course, you will have learned: what is EQ, the four core skills required to practice EQ (self-management, self-awareness, self-regulation, self-motivation), how to use empathy, how to interpret, manage and articulate your emotions using the right language, the benefits of having a high EQ both at home and in the workplace and much more. You will complete a personality profile which will help you understand the potential differences among the various personality types and where you currently fit.

You will learn about your own personality type as well as other personality types and how to engage others in an entirely new way that provides a path to better communication and improved emotional intelligence. This newly found emotional "awareness" allows you to communicate more effectively, succeed at work and achieve your career and personal goals in a shorter amount of time.

PD Training can provide a complete professional development program for your organisation which includes personality profiling and automated training needs analysis, so contact us today to learn more!

This dynamic training course is available now throughout Australia, including Brisbane, Sydney, Melbourne, Adelaide, Canberra and Perth.

Looking for a 3-hour Online, Live version of the course? Click Here to View 3-Hour Virtual EQ Courses.

For onsite or group training delivered at your location click here to get a free quote.

EMOTIONAL INTELLIGENCE (EQ) TRAINING COURSE OUTLINE

FOREWORD

Healthy Emotions + Clear Thinking + Appropriate Action = High EQ

Emotional intelligence is a skill. And like any other skill, you can get better at it with training and practice. It allows you to read the personality style of individuals and adjust your communications accordingly without being controlled by your underlying emotions.

This one day training course is useful for anyone who leads or works with other people, no matter what size the organisation. This course will focus on the five core competencies of emotional intelligence: self-management, self-awareness, self-regulation, self-motivation and empathy, and it also includes a review of your interpersonal skills via a scientifically proven personality profile.

You will learn to develop and implement these competencies to enhance your relationships in work and life by increasing your understanding of social and emotional behaviours, and learning how to adapt and manage your responses to particular situations. The PD Training Emotional Intelligence Course teaches you how to build stronger relationships, how to empathise with others, how to manage your stress levels, how to overcome challenging situations, how to diffuse personal conflicts and much more.

OUTCOMES

After completing this course participants will have learned how to:

- Know how to read emotions
- Understand your own level of emotional intelligence
- Use the Johari window to understand what you reveal to others about yourself and what others reveal to you
- Understand resilience and how to build it
- Understand social awareness and empathy and how to be more empathic and socially aware
- Understand how different cultures respond to and display emotions
- Know how to influence others positively
- Know how to have emotionally intelligent conversations
- Understand manipulation and emotional dishonesty and how to avoid it
- Understand how to lead with emotional intelligence

MODULES

Lesson 1: EQ - A Passing Fad?

- The Power of Emotions
- The Limbic System

Lesson 2: I Feel therefore I Am

- Tuning In to Your Own Emotions
- Johari Window

- Useful Models of Emotional Intelligence
- Reflection

- Self-Control
- Resilience
- Reflection

Lesson 3: The Emotions of Others

- Interpersonal skills
- Social Awareness and Empathy
- Emotions and Culture
- Reflection

Lesson 4: Emotions @ Work

- Influencing Others
- Having Difficult Conversations
- Dealing with Change
- Toxic Workplaces and Emotional Intelligence
- Reflection

Lesson 5: The Dark side

- Manipulation
- Emotional Honesty
- Reflection

Lesson 6: Leading and Emotions

- Leadership and Emotional Intelligence
- Emotional Agility
- Cultivating EI in organisations
- Reflection

Lesson 7: Reflections

- Create an Action Plan
- Accountability = Action
- References

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WEB LINKS

- View this course online
- In-house Training Instant Quote
- Public Classes - Enrol Now!