PROFESSIONAL DEVELOPMENT TRAINING

Emotional Intelligence (EQ) Training

1300 121 400

REQUEST QUOTE

1.0 DAY COURSE

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. As a result, you will learn 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, improve your leadership, succeed at work and achieve your career and personal goals in a shorter amount of time.

In addition to public classes for individuals and inhouse team training for groups, PD Training can provide a complete professional development program for your organisation which combines EQ and other training content, so contact us today to learn more!

This dynamic emotional intelligence course is available now for leaders, managers and team members throughout Australia, including Brisbane, Sydney, Melbourne, Adelaide, Canberra and Perth.

Looking for a 3-hour live online version of the course? View the 3-hour virtual EQ Course outline and dates.

For onsite or group training delivered at your location click here to get an instant quote.

What You'll Gain:

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: Understanding Emotional Intelligence

- The Power of Emotions
- The Limbic System

Lesson 2: Self-Awareness

- Tuning In to Your Own Emotions
- Johari Window

Lesson 3: Self-Regulation

Lesson 4: The Emotions of Others

- Self-Control
- PPR Framework
- Emotional Agility
- Resilience
- Interpersonal skills
- Emotional Cues
- Responding with Care
- Handling Difficult Emotions

Lesson 5: Emotions at Work

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

Talk to our expert team

Phone: 1300 121 400

Email: enquiries@pdtraining.com.au