

Emotional Intelligence

Emotional Intelligence (EI) is best defined as the ability to identify and manage emotional information in oneself and others and to focus energy.

Synopsis

This course is suited to employees who need the tools to be emotionally intelligent in the workplace, navigating through organisational change and complex issues.

Participants will gain advanced problem-solving skills, implement solutions and use a range of interpersonal tools to elicit desired change in the workplace.

Course Topics

- What is Emotional Intelligence?
- self-management, awareness, regulation, motivation
- empathy
- three skills of Emotional Intelligence
- emotion perception
- emotions to facilitation thinking
- regulating emotions
- communication
- social management/responsibility
- benefits of EI

Learning Outcomes

Participants will gain the following skills from our one-day workshop:

Define, address, and identify emotional intelligence; identify the benefits of emotional intelligence; define self-awareness and management; practice self-regulation, self-motivation and empathy; understand, use and manage your emotions effectively; identify and develop positive coping strategies; relate emotional intelligence to the workplace and successful communication (verbal and non-verbal)

Course Details

Delivery:	Inhouse or virtual
Structure:	Interactive Workshop
Time:	1 day
Class Size:	Max 15
Cost:	On request

The Trainer



Chip McKibben brings with him 18 years of experience in strategic thinking, leadership training and high-performance team coaching. He combines his experience as an Olympic athlete with his corporate experiences in Australia and the USA to provide support for business managers and leaders functioning within a high-performance environment.

His combination of skills helps to uncover a team's intangible capabilities and turn them into core behaviours. This not only provides a blueprint for success, but also establishes the key indicators for your team's future performance.