



EMOTIONAL INTELLIGENCE

Our Emotional Intelligence Course is 4-day course (can be reduced to 2-days) divided into 4 main modules outlined below. Depending on the customer's interest we may add one more day to include additional Emotional Intelligence competencies for people in leadership roles. The main modules in our general EQ programme are outlined below.

MODULE 1: INTRODUCTION TO EMOTIONAL INTELLIGENCE

Outcomes

- Emotional Intelligence Defined
- Contrast EI from other Intelligences
- Habits of Effective People
- Highlighting important NLP Techniques relevant to EI
- Explore personal and interpersonal effectiveness
- Describe triggers and emotional responses
- Identify emotions from non-verbal signs
- Identify the physiological effects in response to emotions

MODULE 2: KNOWING MYSELF

Outcomes

- Impact of Beliefs in our Lives
- Determining Your Brain Profile
- Understand Temperaments and Personalities
- Understanding the importance of disclosure and receiving feedback to gain insight of the self.
- Analysing how background impacts on who I am.
- Determine values that are important that shapes who I am.

MODULE 3: MANAGING MY EMOTIONS

Outcomes

- Determining my emotional awareness.
- Determining my emotional competence.
- Applying strategies to manage emotions.
- Identifying to physical warning signs.
- Identifying and changing unwanted habits.
- Anger Management
- Worry and Anxiety Management
- Taking charge of thoughts
- Reframing thinking
- Managing self-talk
- Changing Physiology
- Changing Focus
- Changing Submodalities

MODULE 4: ACHIEVING WHAT I WANT

Outcomes

- Discover my purpose and mission in life
- Discussing what I want in life
- Exploring my unique gifts and talents
- Defining my purpose and life mission.
- Analysing the benefits of a vision
- Setting objectives to achieve vision.
- Determining what success means