

# EMOTIONAL INTELLIGENCE



Researchers and business experts agree that people with high emotional intelligence (EI) are consistently the top performers in their organizations. They're more resilient and flexible when things get tough, and they're held in the highest regard by their bosses, peers, co-workers and others. In this powerful training you'll learn why EI is far more than just a handy set of "people skills" and why many executives feel it's the one skill you must have to be successful in today's workplace!



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*"What really matters for success, character, happiness and life long achievements is a definite set of emotional skills – your EQ — not just purely cognitive abilities that are measured by conventional IQ tests ."*

*– Daniel Goleman*

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## Brief Class Outline

- Why EI is essential for success
- In depth review of the 4 domains of Emotional Intelligence
- Identify areas of strength and weakness
- Why and how we react to stressors
- Identifying triggers
- Practical activities and exercises to improve Emotional Intelligence

## Contact Us

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