

Leveraging Emotional Intelligence

PROGRAM OVERVIEW:

Emotional Intelligence provides you an opportunity to work with or manage others in a way that strengthens relationships. By understanding your emotions and being in tune with others' emotions you can better collaborate and manage conflict. Emotional intelligent teams have a culture of trust and create a more desirable working environment.

TOPICS COVERED:

- Developing and demonstrating self-awareness
- Self-awareness as a foundation for self-leadership and emotional intelligence
- Recognizing your saboteurs and learning how to manage them
- Ability to manage and express emotions constructively
- Empathy and communication
- Understanding and translating body language
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DURATION:

This program is 1 day

FEE:

\$600 (Fee includes course materials, meals, certificate of completion)

AUDIENCE:

Employees at all levels from any industry want to increase emotional intelligence to strengthen relationships, teams, and organizational culture.

