

Emotional Intelligence Training

When applied in an institution of higher education, proper Emotional Intelligence training is one in which each member has a better understanding of how he or she can manage emotions more effectively, while taking responsibility to contribute to his or her fullest. This workshop is both thought-provoking and effective in helping teams achieve long-term, measurable change.

Emotional Intelligence (E.I.) is the ability to sense, understand, and effectively apply the power of our wide-ranging field of emotions, tapping into our emotional quotient as a source of energy and guiding influence.

The application of E.I. at work can create a culture of trust, exceptional internal loyalty, enhanced social awareness, and honest and open communication. In this workshop, each participant will gain a better understanding of E.I. as a tool for personal and professional growth as it taps into the basic understanding of human emotion and motivation.

THIS WORKSHOP WILL:

- Explore the professional & scientific cases for Emotional Intelligence
- Teach the building of exceptional communities: Six Components of E.I.
- Discuss ethics, standards, strategy and dealing with reality
- Look at assessing your emotional quotient (E.Q.) and the applications for E.Q.

To ensure a great experience, aspects of this training program may be modified to benefit your group size, group makeup, and time available.

Since you like this program, you may also consider [Virtual DiSC Behavioral Assessment](#) as a remote option!

Program Details

Group Size:

Any

Team Size:

N/A

Program Length:

3 - 4 Hours

Space Requirement

Varies according to your group size. Classroom Style or Rounds.

Setting:

Indoor

Physicality:

Low

Program Elements

- ✓ Communication
- ✓ Creativity & Resourcefulness
- ✓ Individual and Team Development
- ✓ Relationship Building & Networking

What's Included?

Pricing varies depending upon the number of participants and includes the Professional Development program, prep, production coordination and all materials, program design, and an experienced professional trainer. Materials for this program are extensive so please add \$85 per participant.