

# Emotional Intelligence Masterclass



Emotional intelligence (Emotional Quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed in personal life or work and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

## Training Objectives

### Emotional Intelligence Quadrants

- 1** Learn Different Emotional Intelligence quadrants and how it applies to different life and work obstacles
- 2** Driving self growth and learn how to develop it  
**Self-Esteem**
- 3** Having the awareness of other people and creating a powerful hand  
**Social Skills**
- 4** It's a human strategy. Learn how to create a positive impact in managing others  
**Situate The Situation**
- 5** Know how to interpret your emotions  
**Interpreting Emotions**
- 6** Learn how to recover from impediments and build resilience  
**Recovery**

## Highlighted Topics

- 1** Emotional Intelligence for Leaders
- 2** Emotional Intelligence: Practical & Applicable Side
- 3** Emotional Resilience – Dealing with Challenges and Bounce Back
- 4** Self Awareness
- 5** Self Management
- 6** Understanding Self Esteem and EI
- 7** Social Awareness
- 8** Relationship Management
- 9** Identifying & Utilizing EI Advantage

