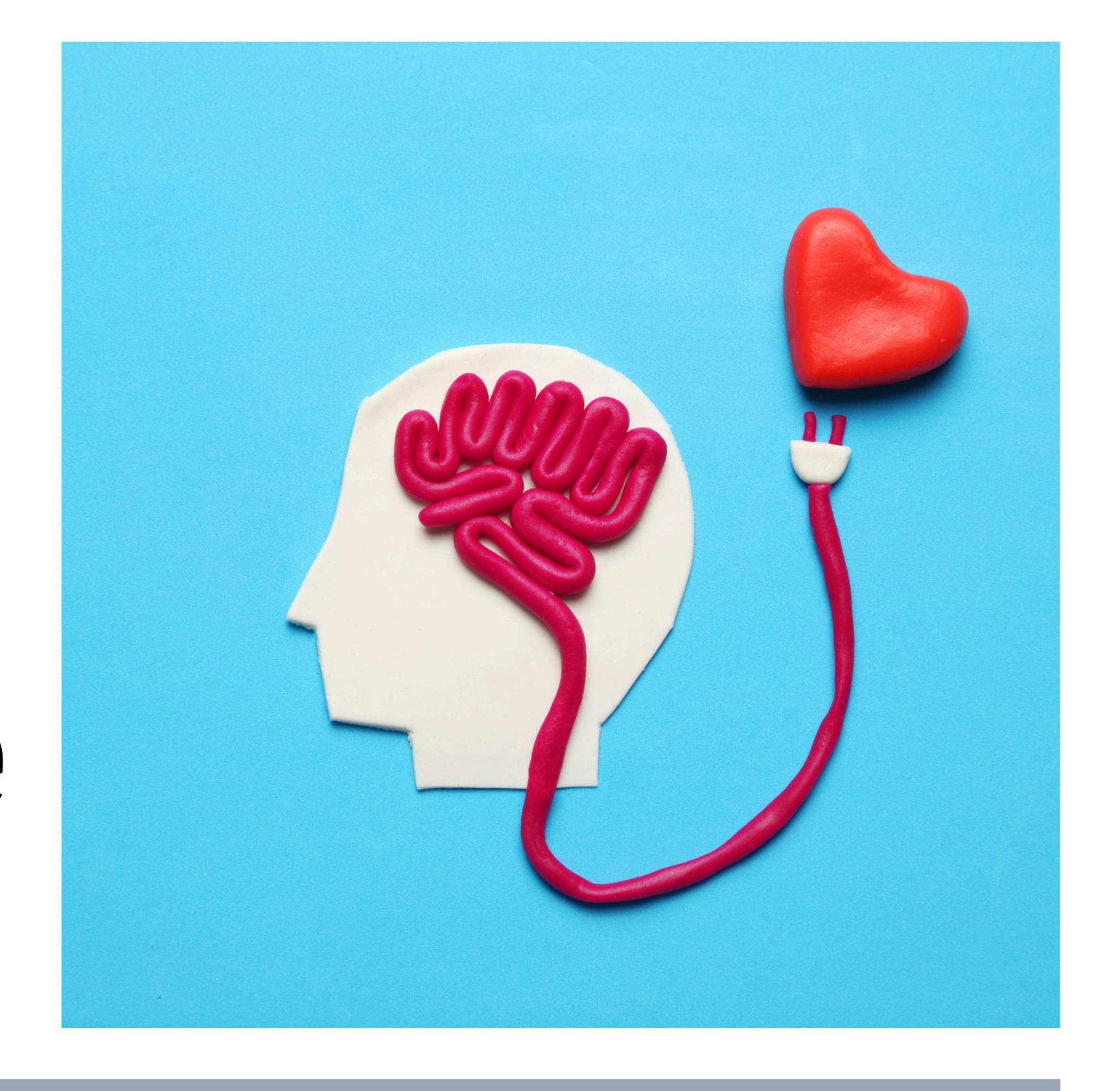


Emotional Intelligence Masterclass



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

Learn Different Emotional Intelligence quadrants and how it applies to different life and work obstacles

Self-Esteem

Driving self growth and learn how to develop it

Social Skills

Having the awareness of other people and creating a powerful hand

Situate The Situation

It's a human strategy. Learn how to create a positive impact in managing others

Interpreting Emotions

Know how to interpret your emotions

Recovery

Learn how to recover from impediments and build resilience

Highlighted Topics



Emotional Intelligence for Leaders



Emotional
Intelligence:
Practical &
Applicable Side



Emotional
Resilience – Dealing
with Challenges and
Bounce Back



Self Awareness

Social

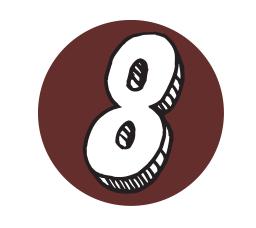
Awareness



Self Management



Understanding
Self Esteem
and El



Relationship Management



Identifying & Utilizing EI Advantage

