

Emotional Intelligence - Enhancing Relationships

Successful people are often set apart not by their IQ, but by their EQ; their Emotional Intelligence. Emotional Intelligence is the ability to recognise and manage emotions. Many extraordinary people are successful because they have the ability to connect with others at a personal and emotional level.

This training program will help you develop your EQ and take full ownership of your emotions, to enable you to influence others and succeed.

Designed for you

This course is designed for anyone wanting to be more effective in work and life relationships by better understanding and managing emotions.

Outcomes

Learn how to:

- recognise the 7 basic human emotions
- understand your own emotions and their impact
- communicate about feelings
- recognise and manage your hot buttons
- manage impulse and reaction
- focus on the key elements of happiness
- use Emotional Intelligence to build relationships.

In-house group training or coaching

Let us deliver this program within your company.

The advantage of in-house delivery is that we can tailor the:

- *content* to suit your organisation's needs
- *delivery* to reflect your procedures, values, examples and terminology. This enhances relevancy and application back to the workplace
- *duration* to suit the availability of your team members and your budget.

Tailoring is mostly for free and always economical as costs are based on a per day delivery and not per participant.

Request a quote

Please call 1300 655 098 to ask us how we can tailor a program to your needs.

Alternatively, email us at info@icml.com.au.