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.