

EMOTIONAL INTELLIGENCE IN THE WORKPLACE

1 DAY PROGRAM



OVERVIEW

Emotionally Intelligent people know how to get the best out of themselves and others. As colleagues they're great to work with; as leaders they're inspiring. In fact, Emotional Intelligence is the single biggest predictor of performance in the workplace. Ninety percent of all high performers are also high in Emotional Intelligence. The good news is that Emotional Intelligence skills can be learned.

Through a series of practical activities, this workshop helps participants gain skills to increase Emotional Intelligence, in areas such as recognising and managing your own emotions, motivating yourself and others, problem solving, managing conflict and building trusting and productive workplace relationships.

TO BOOK THIS PROGRAM OR DESIGN YOUR OWN...



Phone
1300 709 925



Email
bookings@wrenlearning.com.au



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OBJECTIVES

- Understand the components of Emotional Intelligence
- Assess your current skills and identify what to improve on
- Manage your emotions, especially in high stakes situations
- Increase awareness and management of your emotional 'triggers'
- Understand the science behind the effect of emotions on decision making and problem solving
- Harness your emotional intelligence to lead and motivate others
- Improve trust, teamwork and productivity

