

Emotional Intelligence Workshop

Target Audience:

This workshop is designed for:

- Any employee who wishes to:
 - gain a deeper understanding of the subject and explore and develop their own Emotional Intelligence or increase their effectiveness with or through others.
- Managers and team leaders who wish to develop strategies for increasing their leadership ability

Content to Include:

The benefits and business case for EI

IQ v EQ

The power of emotion and how emotion effect how we think, act, and relate to others

Scale of Emotion – a practical tool for handling emotional barriers or difficult emotions

Managing our own emotional 'state' and influencing the state of others

Increasing motivation and influence

Mapping out Your Emotional Quotient

Targeting development activities to help achieve your goals

Developing strategies for:

Developing trusting relationships

Increasing energy and effectiveness under pressure

Creating our future

EI and your challenges

Richard Tickner Progress International Ltd

Richard has been facilitating development workshops and coaching professionals at all levels for over 12 twelve years. During this time he has helped people develop EI in their work and organisations inject EI thinking into their culture and management and leadership practices.

He has created this workshop as an introduction to the concept of EI, whilst providing an opportunity for delegates to gain an insight to their own EI 'map' and discuss some of their EI aims.