



EMOTIONAL INTELLIGENCE

WHAT IS THE EMOTIONAL INTELLIGENCE WORKSHOP?

We all have different personalities, needs, wants, and ways of showing our emotions. Managing these complex emotions takes tact and cleverness — especially if we hope to succeed in life and on the job.

The EMOTIONAL INTELLIGENCE workshop from Psychological Associates is designed to enhance participants' self-awareness, helping them more effectively manage their emotions and their relationships with others.

HOW IT WORKS

Combining team activities, lively discussions, and personal reflection, EMOTIONAL INTELLIGENCE will help participants develop and strengthen their own intuition, learn to manage their emotions, and self-motivate for productivity and growth.

BENEFITS & OUTCOMES

By the end of the EMOTIONAL INTELLIGENCE workshop, participants will be able to:

- Define emotional intelligence.
- Identify the impact emotional intelligence has on their career and team performance.
- Discuss tips for increasing self-awareness.
- Discover self-management techniques and their role in emotional intelligence.
- Harness their emotions to achieve optimal results back at work.

EMOTIONAL INTELLIGENCE serves as an excellent precursor to our flagship workshop LEADERSHIP THROUGH PEOPLE SKILLS® (LTPS). Where EMOTIONAL INTELLIGENCE focuses on understanding and managing the *Self*, LTPS focuses on maximizing working relationships with *Others*. The workshops complement one another by giving participants a foundation for balancing individual needs with professional interpersonal goals. Both workshops are self-customizing and personally relevant, making them immediately applicable for real-world business results.

Emotional intelligence is more than just a trendy buzzword. Understanding and improving the connection between emotions and actions is crucial to both business and personal success.

In this half-day workshop, participants develop emotional skills and techniques that will help them boost team performance and overall career success.



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