

Building Relationships through Emotional Intelligence

Workshop Purpose:

This programme focuses on the development of emotional intelligence abilities. It distinguishes between both inter- and intrapersonal intelligence.



Workshop Outcomes:

On completion of this workshop participants will be able to:

- **Principles and Concepts:**
Understanding Emotional and Intelligence Quotient
- **Self-Awareness and Self-Knowledge:**
Emotional awareness and enhancing EI; Emotional control – coping with anger, worry and fear
- **Social Awareness and Capability:**
Communication skills, coping with specific interpersonal situations – criticism, conflict (problem-solving), emotional abuse, building trust
- **The Future:** Goal setting and action planning

Who should attend:

Any person involved in management, as well as any person who wants to develop relationship building skills through enhancing their EI

Duration:

3 Days
For a minimum of 8 to a *maximum of 14* participants

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