

## EMOTIONAL INTELLIGENCE (EQ) FOR PROFESSIONALS TRAINING

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**COURSE LENGTH: 1.0 DAYS**

The Emotional Intelligence (EQ) For Professionals training course teaches you how to develop your emotional intelligence or your ability to manage your responses based on your objective assessment of different personalities and situations.

After completing this one-day course, you will have learned: what is EQ, the four core skills required to practice EQ (self-management, self-awareness, self-regulation, self-motivation), how to use empathy, how to interpret, manage and articulate your emotions using the right language, the benefits of having a high EQ both at home and in the workplace, and much more.

This comprehensive course by PD Training is now available across the U.S., including Atlanta, Austin, Baltimore, Birmingham, Boston, Charlotte, Chicago, Dallas, Houston, Jackson, Los Angeles, Manhattan, Miami, Orlando, New York, Philadelphia, San Antonio and Seattle.

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## EMOTIONAL INTELLIGENCE (EQ) FOR PROFESSIONALS TRAINING COURSE OUTLINE

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### FOREWORD

#### ***Healthy emotions + Clear thinking + Appropriate action = High EQ***

Emotional intelligence is a skill. And like any other skill, you can get better at it with training and practice. It allows you to read the style of individuals and adjust your communications accordingly.

This one day training course is useful for anyone who leads or works with other people, no matter the size of the organization. This course will focus on the five core competencies of emotional intelligence: self-management, self-awareness, self-regulation, self-motivation, and empathy. It will also include interpersonal skills.

Participants will learn to develop and implement these competencies to enhance their relationships in work and in life by increasing their understanding of social and emotional behaviors, and learning how to adapt and manage their responses to particular situations.

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### OUTCOMES

#### **By the end of this course, participants will:**

- Define **Emotional Intelligence (EQ)**
  - Identify the benefits of emotional intelligence
  - Learn the four core skills required to practice emotional intelligence
  - Define and practice self-management, self-awareness, self-regulation, self-motivation, and empathy
  - Successfully communicate with others non-verbally
  - Verbally communicate with others
  - Interpret and manage your emotions
  - Master tools to regulate and gain control of one's own emotions
  - Articulate your emotions using the right language
  - Balance optimism and pessimism
  - Effectively impact others
  - Relate emotional intelligence to the workplace
  - Use the concepts and techniques in the workplace
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### MODULES

#### **Lesson 1: EQ - A Passing Fad?**

- The Power of Emotions
- The Limbic System
- Useful Models of Emotional Intelligence
- Reflection

#### **Lesson 2: I Feel therefore I Am**

- Tuning in to your own emotions
- Johari Window
- Self-Control
- Resilience
- Reflection

### Lesson 3: The Emotions of Others

- Interpersonal skills
- Social Awareness and Empathy
- Emotions and Culture
- Reflection

### Lesson 4: Emotions @ Work

- Influencing Others
- Having difficult conversations
- Dealing with change
- Toxic Workplaces and Emotional Intelligence
- Reflection

### Lesson 5: The Dark side

- Manipulation
- Emotional Honesty
- Reflection

### Lesson 6: Leading and Emotions

- Leadership and Emotional Intelligence
- Emotional Agility
- Cultivating EI in organisations
- Reflection

### Lesson 7: Reflections

- Create an Action Plan
- Accountability = Action
- References

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## WEB LINKS

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- [View this course online](#)
- [In-house Training Instant Quote](#)