PROFESSIONAL DEVELOPMENT TRAINING

Emotional Intelligence (EQ) For Professionals Training

REQUEST QUOTE

1.0 DAY COURSE

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.

What You'll Gain:

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.

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

Modules

Lesson 1: Understanding Emotional Intelligence

- The Power of Emotions
- The Limbic System

Lesson 2: Self-Awareness

- Tuning In to Your Own Emotions
- Johari Window

Lesson 3: Self-Regulation

- Self-Control
- PPR Framework
- Emotional Agility
- Resilience

Lesson 4: The Emotions of Others

- Interpersonal skills
- Emotional Cues
- Responding with Care
- Handling Difficult Emotions

Lesson 5: Emotions at Work

- Influencing Others
- Difficult Conversations
- Dealing with Change
- Toxic Workplaces and Emotional Intelligence

Talk to our expert team

Phone:

Email: