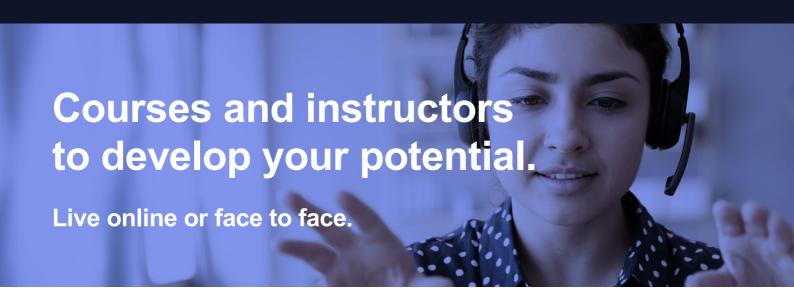
# GO.COURSES



# Emotional Intelligence

Emotional intelligence affects us all, whether we're constantly working in collaboration with others or individually on projects.

In this interactive workshop you will learn how to improve your teams effectiveness.

With greater self awareness of emotions and the ability to empathise and understand other people's emotional state, you are able to perform better in the workplace.

In other words being emotionally intelligent makes a real difference to performance and, therefore, profit.

Emotional intelligence training is not just a desirable 'soft skill'. In fact, research indicates that emotional intelligence can be a better indicator of workplace performance than IQ.

# What will I learn?

#### **LESSON 1**

Introduction to Emotional Intelligence

#### **LESSON 2**

Knowing me knowing you

# **Key features**

- Face to face or Live Online
- Fully certified trainer
- Get key skills and practical knowledge
- This course is available for groups and 1-2-1 live online
- Course materials included
- Recognised course certificate

## Interested?

Call us: 01225 308979

Email us: info@go.courses

# How we communicate and your thinking process

#### **LESSON 4**

Communication filters

#### **LESSON 5**

Tuning into your emotions

## **LESSON 6**

Can you feel it?

#### **LESSON 7**

Managing challenging emotions

#### **LESSON 8**

The power of empathy

## **LESSON 9**

Emotional Intelligence in practice

#### **LESSON 10**

Peer coaching and action planning