

Courses and instructors to develop your potential.

Live online or face to face.

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

LESSON 3

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