

Courses and instructors to develop your potential.

Live online or face to face.

Emotional Intelligence

Emotional Intelligence training from the experts.
Become Self Aware and Tune into your Emotions. This
course is ready to book now; learn more.

What will I learn?

LESSON 1

Introduction to Emotional Intelligence

LESSON 2

Knowing me knowing you

LESSON 3

How we communicate and your thinking process

LESSON 4

Communication filters

LESSON 5

Tuning into your emotions

LESSON 6

Key features

- ✓ Live Online Training with a real person - not dull e-learning
- ✓ 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 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