Emotional Intelligence

Date	Venues	($)Fees	Book your seat
15 Dec -19 Dec 2024	Kuala Lumpur	3300	Register Now

Course overview

Emotional Intelligence is the capacity to recognize and effectively manage emotions in ourselves and with others. Emotional intelligence increases our ability to make good decisions, build relationships, deal with stress, and cope with change.

Course objective

- Understand the nature and theories underlying Emotional Intelligence EI.
- Define the various EI competencies and identify areas for improvement as needed.
- Identify their personal strengths and blind spots revealed
- Determine the impact of different leadership styles and their associated competencies on organizational climate.

Who should attend?

Individuals who need to improve their effectiveness at both the personal and interpersonal levels.

Course outline

- Emotional Intelligence EI
- Self-Awareness and Self Management: The Cornerstones of EI
- The Competencies of EI
- Empathy as an EI Competency
- EI Competencies and Leadership Styles

Training methodology

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Games & Role plays

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