

People Skills Training

Emotional Intelligence Workshop

In-Person

This workshop will help you understand the four dominant personality styles and help you understand how to reach across barriers and connect with others. Emotional Intelligence helps you focus on understanding others and using effective approaches to build collaboration.

What You'll Learn

Understand the connection between how we think, feel, and behave.
Demonstrate greater effectiveness through improved emotional intelligence.
Maintain emotional control in difficult situations.

Why you want to learn it

Haven't you noticed that many of your employees are competent in their jobs skills, yet some are far better at getting the job done, and far easier to work with than others? Research shows that positive energy and emotional control results in high productivity, smart decisions, high retention rates, good morale, and strong teamwork. Studies have shown that raising overall emotional intelligence in an organization positively affects the bottom line. The good news is that whereas your IQ is set in early adulthood, EQ can be developed over the lifespan. At the completion of this module you will understand the connection between what you think, how you feel, and how you behave, and the competencies of emotional intelligence. You will discover your current emotional fitness level, explore how your emotions and "hot buttons" affect your job performance, and apply tips for maintaining positive energy and controlling emotions in difficult situations.

How it will help you

This Emotional Intelligence workshop helps you to see things from multiple points of view, how actions impact others, and what you can do to affect collaboration.