

人际技能

# Emotional Intelligence: Communicate and Relate to Different Personality Styles

现场课程

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.

## 学习内容

1) Identify their own personality style and how they react under pressure  
2) Modify their behaviors to better connect with people of different styles  
3) Influence the attitudes and behaviors of others

## 学习原因

Emotional Intelligence will help you practice active listening and interpersonal skills to create harmony in stressful situations and bring people together who otherwise may be separated by their differences.

## 学习效果

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.