

# Emotional Intelligence

*Develop cohesive, emotionally intelligent teams*

## Gain the Insight

Emotional Intelligence (EI) is vital to being an effective and high-performing member of any team. In this training, you will become familiar with the proven EI model and learn how to apply EI skills for maximum effectiveness. You will also gain the insight and tools you need to make your job and career more effective, satisfying and successful, and have a standout advantage in any professional situation.

## Training Outcomes

- Recognize the personal and organizational value of EI
- Understand the science behind the emotion, utilizing their own self-assessment results
- Have a positive influence on the emotions and motivation of others
- Apply leadership techniques to manage conflict
- Create an atmosphere that fosters understanding and self-awareness
- Practice emotional self-management
- Influence, inspire, and motivate their peers, direct reports and superiors
- Link emotional intelligence to the skills required in their workplace



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