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## Emotional Intelligence

This one day workshop examines how IQ differs from EQ (Emotional Intelligence) and why organizations are looking to grow their EQ. In the workshop you will learn how your EQ can help you to work more effectively independently and with others. You will gain understanding on what motivates you and how your EQ influences others around you. You will determine how to improve your EQ and develop a plan of action.

### Program Content:

#### Introduction

#### Emotional Intelligence – The New Smart

- The Science of Emotional Intelligence
- The Importance of Emotional Intelligence
- What is Emotional Intelligence (EI)

#### Organizational EI

- What Employers Want
- The Emotional Climate
- The Limit of IQ

#### Emotional Competence

- The Five Elements of Emotional Intelligence
- 1. Self-Awareness
- 2. Motivation
- 3. Self-Regulation
- 4. Empathy
- 5. Social Skills

#### Summary

- Your Emotional Influence on Others
- Emotional Intelligence and Relationships