

Emotional Intelligence

1 Day

Description:

Emotional and social functioning plays a key role in your personal and professional success. Each of the five dimensions of the Emotional Intelligence Skills Assessment (EISA) can be developed in order to maximize your performance. EISA represents a valid and reliable tool that quantitatively determines emotional skills that are likely to be relied upon under periods of heightened stress, and identifies those areas with the greatest opportunity for improvement. Explore how emotional and social skills impact your performance and how you can strengthen your effectiveness by using these skills successfully.

Prerequisites:

- None

Objectives:

- Discover the major components of emotional intelligence
- Recognize the behaviors and characteristics of an emotionally intelligent person
- Identify areas where you can apply emotional intelligence
- Evaluate your own emotional strengths and opportunities for growth

Workshop Topics	EISA Dimensions
Perceiving	the ability to accurately recognize, attend to, and understand emotion
Managing	the ability to effectively manage, control, and appropriately express emotions
Decision Making	the ability to manage change and solve problems
Achieving	the ability to self-motivate and generate the requisite emotions necessary to realize the pursuit of realistic and meaningful objectives
Influencing	the ability to recognize, manage, and evoke emotion within oneself and others to promote change