

Emotional Intelligence for Managers (Tier 1)

1 Day

Description

In this course, you will assess your current emotional intelligence capabilities, determine your strengths, and identify areas for improvement. You will examine how emotions affect behavior and how those behaviors impact your relationships with others. You will also develop strategies for managing the emotional energy in yourself and others.

Prerequisites

- None

Objectives

- ✓ Evaluate your emotional intelligence.
- ✓ Develop strategies for effectively applying emotional intelligence in the workplace.

Evaluating Emotional Intelligence

Assess Your Self-Understanding
Determine Your Ability to Regulate Your Emotions
Evaluate Your Social Recognition Skills
Assess Your Social Regulation Skills

Applying Emotional Intelligence In A Business Environment

Improve Your Emotional Intelligence By Understanding Your Emotions
Regulate Your Emotions
Improve Your Social Recognition and Regulation Skills
Build An Emotionally Intelligent Team