

Developing EQ Competencies at Work

Tap into a new resource for people management and learn fresh ways to achieve the balance of 'mind and emotion'.

YOU WILL LEARN

- Understand the emotional competence framework
- Expand your capacity and release your potential that will lead to outstanding performance at work
- Understand your role as a leader who must be emotionally intelligent if you are to be successful
- Use EQ concepts to assist staff in dealing with the challenges posed in a stressful world

COURSE HIGHLIGHTS

1. Assessment of Individual EQ (Participants will be administered "Developing Your Emotional Intelligence", which is a self-administered questionnaire to help them gain awareness of their abilities in terms of EQ and then to help them develop these abilities)
2. Definition and Measurement of EQ capabilities
3. Characteristics of the Emotionally Intelligent Boss
4. Establishing the EQ Competencies at Your Organisation
5. Making EQ Competencies a Success at Your Organisation
6. Group Action Plan

DURATION

2 days