

<b>Course Title</b>	Emotional Intelligence – Self-Awareness, Self-Management and Navigating your Environment
<b>Overview</b>	People deal with people. Knowing yourself and the impact you have on others, is central to being effective in the world. This ability is the cornerstone of positive communication and excellent relationships, in the world of work and beyond. Without these skills, individuals, teams and organisations cannot fulfil their potential. This course equips participants to consider their strengths and improvement opportunities both in relation to intrapersonal and interpersonal skills, for moving through the world with greater intention.
<b>Audience</b>	Suitable for team members below management/leadership level.  Leaders/managers may alternatively explore “Leading for Psychological Safety” which offers similar explorations, but from a leadership perspective.
<b>Capacity</b>	Approximately 12 - 16
<b>Duration</b>	Available as either a half day or full day (recommended) session
<b>Mode of delivery</b>	Face to face
<b>Learning Outcomes</b>	Delegates will be able to: <ul style="list-style-type: none"> <li>• Understand the key terminology involved in emotional intelligence (EI) and the imperative of emotions in being human</li> <li>• Recognise the domains of emotional intelligence and the features and benefits of developing each</li> <li>• Explore tools and techniques which can actively enhance ones EI and therefore their ability to move through the world with ease and efficacy</li> <li>• Construct an initial action plan to transfer the learning from the session to the workplace</li> </ul>
<b>Additional Information</b>	Course content and focus can be tailored to individual needs and duration preferred.
<b>Category</b>	Wellbeing & Business Skills