



# EMOTIONAL INTELLIGENCE

## WHAT IS THE EMOTIONAL INTELLIGENCE WORKSHOP?

We all have different personalities, needs, wants, and ways of showing our emotions. Managing these complex emotions takes tact and cleverness — especially if we hope to succeed in life and on the job.

The EMOTIONAL INTELLIGENCE workshop from Psychological Associates is designed to enhance participants' self-awareness, helping them more effectively manage their emotions and their relationships with others.

## HOW IT WORKS

Combining team activities, lively discussions, and personal reflection, EMOTIONAL INTELLIGENCE will help participants develop and strengthen their own intuition, learn to manage their emotions, and self-motivate for productivity and growth.

## BENEFITS & OUTCOMES

By the end of the EMOTIONAL INTELLIGENCE workshop, participants will be able to:

- Define emotional intelligence.
- Identify the impact emotional intelligence has on their career and team performance.
- Discuss tips for increasing self-awareness.
- Discover self-management techniques and their role in emotional intelligence.
- Harness their emotions to achieve optimal results back at work.

EMOTIONAL INTELLIGENCE serves as an excellent precursor to our flagship program Q4 LEADERSHIP: THE PEOPLE SKILLS ADVANTAGE®. Where EMOTIONAL INTELLIGENCE focuses on understanding and managing the *Self*, Q4 LEADERSHIP: focuses on maximizing working relationships with *Others*. The workshops complement one another by giving participants a foundation for balancing individual needs with professional interpersonal goals. Both workshops are self-customizing and personally relevant, making them immediately applicable for real-world business results.

Emotional intelligence is more than just a trendy buzzword. Understanding and improving the connection between emotions and actions is crucial to both business and personal success.

In this half-day workshop, participants develop emotional skills and techniques that will help them boost team performance and overall career success.



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