

Emotional Intelligence & its role in Managing Effectively



Duration	One day training programme
Course Times	9.00am - 5.00pm
Public Price	€475 (includes course documentation, lunch and refreshments)
In-House Price	Available on request

Introduction

With ever increasing competition in the business community and increased pressure to stand out from the crowd, it is now firmly accepted that it is important for individuals, managers and leaders to build and develop their emotional intelligence capabilities.

We all have different personalities, different wants and needs, and naturally different ways of showing emotions. Navigating through all this takes tact and cleverness - **especially if one hopes to succeed in life and in business**. This is where emotional intelligence becomes really important.

Why?

The ability to manage people and relationships is very important in all leaders, so developing and using emotional intelligence is key to achieving personal, group and overall company goals.

Comparing IQ with EI

IQ (Intelligence Quotient) is a measure of an individual's intellectual, analytical, logical and rational abilities, it's concerned with verbal, spatial, visual and mathematical skills. If you have a high IQ, you'll do well in all sorts of tests. However Emotional intelligence is what gives people the edge, it's your ability to interact and get along with others; the ability to clearly express your thoughts and feelings, stand your ground and defend a position; the ability to adjust your feelings, thoughts and actions to changing conditions; the ability to define problems, then move to generate and implement effective, appropriate solutions while bringing people with you. Emotional Intelligence is made up of short-term, tactical, dynamic skills that can be brought into play as the situation warrants.

This course will help you to understand all aspects of EI, as well as show you how the individual building blocks of emotional intelligence can be developed and improved through training and experience.

Having completed the EI questionnaire prior to the course, you will receive on the day, a comprehensive report that will allow you to understand your strengths and see the areas where small changes in focus, reaction and communication, could bring big changes in how you manage yourself, others and get the job done. As the day progresses you will construct an action plan tailored specifically for your needs.



What's covered?

Introduction to Emotional Intelligence

- Origins and Key concepts of EI
- The benefits of emotional intelligence in your personal and professional life
- The keys to emotional intelligence success
- Understanding the EQ-I Competency Framework
- The business case for emotional intelligence and why it is so vitally important

Understanding your BarOn Emotional Quotient inventory report

- Personal awareness
- Personal regulation
- Stress Management and Adaptability
- Self motivation

Developing your emotional intelligence in specific targeted areas.

Creating an EI action plan for personal/professional development

Who Should Attend?

This one day course is intended for all individuals in a supervisory or management position who understand or wish to understand, the importance of becoming an “Emotionally Intelligent” manager of people.

What will I learn?

Participants achieve the following learning outcomes from the programme;

- Establish the business case for emotional intelligence and how it can help manage staff and company goals.
- Develop emotional awareness in targeted areas and improve weaker areas
- Manage tension and increase comfort with challenging situations
- Learn how to build the capacity to adapt to changing requirements by clients/managers
- Learn how to develop excellent communications skills both on an intra and inter personal level
- Understand how the emotionally intelligent manager matches the mood to the moment

Expert Course Tutors - Profile & Testimonials

[ASST – Shane Donohue](#)

In-House Courses

For In-House courses, the tutor will contact you in advance to discuss the course programme in more detail in order to tailor it specifically for your organisation.

Course Manual

Delegates will receive a very comprehensive course manual.

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