



Emotional Intelligence

About Emotional Intelligence

For much of the recent past there has been a focus on measuring and developing the IQ aspects of people. Reading, writing, mathematical and English ability, have all been touted as significant for success in life. Corporate training has focused on cognitive skills as report writing, time management and other technical skills. However, despite the Western world having the most literate populations in history, the ability of humans to deal with their emotions has increasingly had devastating effects on both economy and society as a whole.

If we fail to deal with people's emotions then the consequences can extend from merely unpleasant to severe. In many workplace groups, where managers possess a lack of emotional intelligence, teams may disintegrate as staff withdraw their support in both subtle and overt ways.

The aim of the Emotional Intelligence workshop is to develop a manager's capability and skills in developing effective relationships through a greater understanding and development of their emotional intelligence.

What are the benefits of attending this course?

The following benefits for individuals, teams and organisations are achieved by attending this workshop:

- Understanding the various types of emotions
- Describing the features of emotional intelligence
- Distinguishing between IQ and emotional intelligence
- Creating more effective intrapersonal and interpersonal relationships
- Applying the steps to further improve your emotional intelligence
- Utilising the process for managing your own emotions as well as understand others
- Helping yourself as well as others in managing emotions

How is it delivered?

The course is delivered in a one day format which introduces participants to the features and steps in development of emotional intelligence. Hands on exercises help participants to develop strategies to monitor and assess both their emotional intelligence and that of their teams.

Cost: The cost of delivery of the Emotional Intelligence workshop depends on the number of staff attending. In general, the following prices are used:

1-4 participants \$170/person

5-8 participants \$150/person

9-14 participants \$125/person

All workshop participants will be contacted 4-5 weeks after the workshop for a follow-up interview to check on their understanding and help further develop their skills in utilising emotional intelligence

Contact: admin@seedskills.com to arrange an interview or call Ben Fleming on 0401 732 186