



## PROGRAM SUMMARY

This multi-media exploration into important intra and interpersonal skills required for Emotional Intelligence workshop will give you the tools you need to be emotionally and socially intelligent in your workplace. Mastering EI will allow you to access your emotional center while managing your relationships with your team members. You will realise the value of emotional and social intelligence for professional success and will discover the Foundational 4 Quadrants to understand, use and manage emotions.

Individual Psychometric Assessment report of your Emotional and Social Quotient

## LEARNING OBJECTIVE:

You will learn a model that brings together all of the areas that are necessary to improve and take skills in the interpersonal space to the next level. People call these 'soft skills' when in fact they are the hardest part of great leadership and the biggest contributor to team success. Participants will be able to see themselves and others, as well as analyze their own and others' behaviors.

## PEDAGOGY & METHODOLOGY:

- Experiential learning through interactive management lectures, storytelling, and case studies
- Group task / Break-up room tasks (in case of online)
- Group discussion and presentation

## LEARNING TAKEAWAYS

- You will be able to define and explain the value of emotional and social intelligence for professional success.
- You will be able to assess your current emotional and social intelligence skills and discover the four quadrants of ESI.
- You will be able to explain the importance of ESI in the workplace.
- You will be able to discover your own emotions and implement strategies to develop your emotional and social intelligence.
- You will be able to identify areas of growth in self-management and be able to implement strategies of self-regulation
- You will be able to define and discover the three stages of empathy. You will use techniques to practice and develop your empathy skills
- You will be able to implement strategies to help build relationships and connections at work.