Emotional Intelligence

Category: Professional & Leadership Development | **Vendor:** Various

Duration: 16.00 hours (2 days) **13.0 CPD Hours** **Rating:** ⭐ 4.6 (5,878 reviews)

Course Information

Delivery Format: Instructor Led - Online

Course Overview

Emotional intelligence, also called EQ, is the ability to be aware of, recognize and to manage emotions in themselves and others. and relationships. It’s a pivotal factor in personal and professional success. To discern between di?erent feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments and achieve one's goal. This workshop is based on the emotional intelligence model derived from Daniel Goleman’s work that is comprised by four domains: self-awareness, self-management, social awareness and relationship management. Nested within these are learnable competencies that enable us to improve performance in our personal lives, at work and as a leader.

About This Course

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Who Should Attend

Individual Contributors Supervisors Managers Directors Executives

Learning Outcomes

Upon successful completion of this course, participants will be able to:

Understand how emotions affect our behavior Become more self-aware and mindful Develop better self-control and motivation Connect with others by recognizing their needs Build strong relationships based on mutual respect and trust Apply EI to overcome challenging thought patterns and emotional states

Detailed Course Outline

1 - What Is Emotional Intelligence

- What Is Emotional Intelligence
- Emotions and Behavior
- Goleman’s Model
- Self-Awareness, Social Awareness, Self-Management, Relationship Management

2 - Self-Awareness

3 - Self-Management

4 - Social Awareness

5 - Relationship Management

6 - How Emotions Influence Us

- Dealing with Stress
- Emotional Filtering
- Challenging Thought Patterns

7 - Summary

Frequently Asked Questions

Q: What delivery options are available for Emotional Intelligence?

We offer multiple delivery formats:

- Live Instructor-Led Classroom Online (Virtual/Live Online)
- Traditional Instructor-Led Classroom Training (ILT)
- On-site delivery at your offices anywhere in United Kingdom
- Private dedicated courses customized for your team

Q: How many CPD hours does this course provide?

The 2-day Emotional Intelligence course provides up to 13.0 CPD hours of structured learning. CPD certificates can be provided upon request.

Q: What is the duration of the Emotional Intelligence training?

The training takes place over 2 day(s), with each day lasting approximately 16.00 hours including breaks for lunch and refreshments.

Q: Do you provide corporate training for Emotional Intelligence?

Yes, we provide corporate training, dedicated training, and closed classes for Emotional Intelligence. Training can take place anywhere in United Kingdom including London, Manchester, Birmingham, Edinburgh, or live online allowing teams from across United Kingdom or internationally to attend.

Q: Why choose Nexus Human for Emotional Intelligence?

Nexus Human is recognized as one of the leading training providers. Our trainers have won multiple awards including:

- Small Firms Best Trainer Award
- National Training Partner of the Year (Ireland) - Multiple Years
- Global Top 30 Instructor Awards (2012, 2019, 2021)
- Tech Excellence Award Nominations
- Learning Performance Institute (LPI) External Training Provider Sponsor 2024

Q: Are there any discount codes available?

Yes! Use discount code **PENPAL5** when booking your Emotional Intelligence training. Please note that only one discount code can be used per booking and cannot be combined with other special offers.

Nexus Human

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