



Honing Your Emotional Intelligence

Objectives:

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

- Apply skills that improve relationships and overall work performance
- Discuss emotional intelligence and articulate why it matters
- Identify core competencies of emotional intelligence
- Apply core competencies in workplace situations
- Identify steps to improve your emotional intelligence



Summary

Honing Your Emotional Intelligence instructs managers in improving their ability to recognize emotions in themselves and others, motivate themselves, and regulate their emotions.

The course includes a self-assessment to measure participants' strengths and areas for improvement in emotional intelligence, a self-awareness and self-management group activity, and real-life emotional intelligence situational exercises.