



Emotional Intelligence



Overview

Emotional intelligence is a globally accepted phenomenon of cognitive, emotional and social parts of ourselves, which is deeply interconnected – interdependent on our personal & professional behaviour. EI is an essential and critical skill under personal leadership and what better time it could be, when we need EI even more. In this frenzy of uncertainty of business and complexity of various emotions, EI can help us to sail through, the current storm.



Learning Outcomes

This workshop will help you to assess your emotional hygiene and clear out some myths around it. Simple model of EI will add to your confidence to practise it in your personal and professional life. Powerful exercises on emotional coaching will bring greater satisfaction in your various facets of life.



Your takeaways

1. Need of Emotional Intelligence
2. Role of Emotional Quotient (EQ) & Intelligence Quotient (IQ)
3. Develop Emotional intelligence – To Manage Self
4. Develop Emotional intelligence – To Manage others
5. Role of EI in Conflict Management
6. EI – Toolbox activity to build and sustain



Program Details

- 120 + 120 + 120 mins
- Pre and Post work essential
- Delivered by expert facilitators
- Open to all
- English language only

Rs. 3,500

+ 18% GST
per participant per course

