

# WHO & WHY ?



For those wanting a thorough understanding of Emotional Intelligence, and an assessment of their own strengths and areas for development in its various elements.

# Emotional Intelligence

## Outcomes

- ✓ Understand what Emotional Intelligence means
- ✓ Know Goleman's EI framework
- ✓ Clear picture of own EI strengths, weakness and areas to work on
- ✓ Confidence and competence in identifying and using EI skills

## Content

- What is Emotional Intelligence?
- Goleman's 5 elements
- The elements applied
- Case work
- Self-assessment

## Learning Approaches

-  core learning input
-  open discussion
-  self directed research
-  teamwork & collaboration
-  paired & group activities
-  your ideas & suggestions
-  self-assessment questionnaire

 on site or  online

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Interesting, informative, thought provoking and worthwhile. Thank you.

- Participant, RMG

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