

# WHO WHY?

## **Emotional** Intelligence



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

#### Outcomes

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

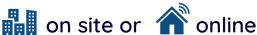


your ideas & suggestions



self-assessment questionnaire





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

- Participant, RMG



