

# Emotional Intelligence

ACHIEVE THROUGH PEOPLE

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## WHO SHOULD ATTEND:

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- Supervisory level and above
- People keen on enhancing their Emotional Quotient

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## LEARNING OUTCOME:

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Attendees will learn how to understand their own and others emotions and develop their Emotional Intelligence competencies to enhance and manage their relationships in any environment .

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## TRAINING OUTLINE:

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- Emotions, feelings and moods
- IQ VS EQ
- Impact on the business environment
- EI assessment, scoring and interpretation
- Key components of EI
- EI competencies development

Attendees

**10 - 12**

Duration

**1 day**