PROFESSIONAL DEVELOPMENT TRAINING

Emotional Intelligence (EQ) for Professionals Training Course

5808 8521

REQUEST QUOTE

1.0 DAY COURSE

The Emotional Intelligence (EQ) For Professionals training course teaches you how to develop your emotional intelligence or your ability to manage your responses based on your objective assessment of different personalities and situations.

After completing this one-day course, you will have learned: what is EQ, the four core skills required to practice EQ (self-management, self-awareness, self-regulation, self-motivation), how to use empathy, how to interpret, manage and articulate your emotions using the right language, the benefits of having a high EQ both at home and in the workplace, and much more.

This newly found emotional "awareness" allows you to communicate more effectively, succeed at work and achieve your career and personal goals in a shorter amount of time.

This dynamic training course is available now throughout Hong Kong, including Central.

This Emotional Intelligence (EQ) training course can be delivered at your premises by one of our expert local or international trainers or live online using our HIVE technology.

For onsite training at your location, please click on the Group Training Quote button, or contact us today for a free personalised quote!

What You'll Gain:

Healthy Emotions + Clear Thinking + Appropriate Action = High EQ

Emotional intelligence is a skill. And like any other skill, you can get better at it with training and practice. It allows you to read the style of individuals you interact with and adjust your communications accordingly.

This one day training course in Hong Kong is useful for anyone who leads or works with other people, no matter what size the organisation. This course will focus on the five core competencies of emotional intelligence: self-management, self-awareness, self-regulation, self-motivation and empathy and also include interpersonal skills.

Participants will learn to develop and implement these competencies to enhance their relationships at work and in life by increasing their understanding of social and emotional behaviours, and learning how to adapt and manage their responses to particular situations.

Outcomes

After completing this course participants will have learned how to:

- Define **Emotional Intelligence (EQ)**
- Identify the benefits of emotional intelligence
- Learn the four core skills required to practice emotional intelligence
- Define and practice self-management, self-awareness, self-regulation, self-motivation and empathy
- Read associated verbal and nonverbal communication
- Successfully communicate with others in a non-verbal manner
- Verbally communicate with others
- Interpret and manage your emotions
- Master tools to regulate and gain control of one's own emotions
- Articulate your emotions using the right language
- Balance optimism and pessimism
- Effectively impact others
- Relate emotional intelligence to the workplace
- Use the concepts and techniques in the workplace

Modules

Lesson 1: Understanding Emotional Intelligence

- The Power of Emotions
- The Limbic System

Lesson 2: Self-Awareness

- Tuning In to Your Own Emotions
- Johari Window

Lesson 3: Self-Regulation

- Self-Control
- PPR Framework
- Emotional Agility
- Resilience

Lesson 4: The Emotions of Others

- Interpersonal skills
- Emotional Cues
- Responding with Care
- Handling Difficult Emotions

Lesson 5: Emotions at Work

- Influencing Others
- Difficult Conversations
- Dealing with Change
- Toxic Workplaces and Emotional Intelligence

Talk to our expert team

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