

Effectively Using Your Emotional Intelligence

At Work and Beyond

Short seminar series

Overview

Emotional intelligence “(EI)” goes beyond just understanding your own emotions. It also involves having a higher awareness of the emotions of those around you and the ability to empathize with others. A greater understanding of yourself and the needs of others helps strengthen interpersonal relationships.

This workshop will provide you with a practical approach to strengthen your Emotional Intelligence. Prior to the workshop, you will complete a self-assessment of your own Emotional Intelligence. A certified practitioner will then review your assessment and take you through some re-enforcing exercises to strengthen aspects of your own emotional intelligence. You will have an opportunity to develop a personalized action-plan to assist you in making sustained behavioural changes.

Audience

Employees at all levels of the organization

Duration: 3 hours

Price: \$245.00 plus HST

Instruction Methodology

Virtual delivery via GoToMeeting, with PowerPoint slides and interactive discussions, quizzes and simulated exercises.

Key Topics

- What is Emotional Intelligence
- Components of Emotional Intelligence
- Applying EI in the Workplace and Beyond
- Strategies for Changed Behaviour



About Your Facilitator Carolyn Baker

Carolyn Baker, with over 33 years in the federal public service, has led virtual teams before we even said the word “virtual”!! She has experienced first-hand the challenges and opportunities that arise when leading and working from a distance. Her interactive approach makes her workshops lively and engaging.