PROFESSIONAL DEVELOPMENT TRAINING

Emotional Intelligence (EQ) for Professionals Training Course

3158 3955

REQUEST QUOTE

1.0 DAY COURSE

The Emotional Intelligence (EQ) For Professionals training course in Singapore 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.

Emotions can and do influence the way we act and react in the workplace. Emotional Intelligence (EQ) is the ability to recognize our behaviours, moods and impulses, and manage them in a positive way so that you can communicate more effectively, succeed at work and achieve your career and personal goals.

The PD Training Emotional Intelligence Course teaches you how to build stronger relationships, how to empathize with others, how to manage your stress levels, how to overcome challenging situations, diffuse personal conflicts and much more.

You'll learn skills like managing your non-verbal communication, how to interpret and manage your emotions and balance your optimism and pessimism, using coping methods and relaxation techniques and more. This course will make you more aware of your own thoughts and feelings and as a result improve your ability to interact with others both in the workplace and at home.

Many people have told us that this course has changed their lives for the better, so register today and get started improving your level of EQ.

This Emotional Intelligence Training Course can be delivered at your premises anywhere in Singapore by one of our expert local or international trainers.

Contact us today for a group quote.

What You'll Gain:

Healthy Emotions + Clear Thinking + Appropriate Action = High EQ

Working in complete harmony with various types of individuals in the workplace in Singapore is NOT always that easy. Your co-workers, bosses and clients surely do have different personalities. In order to better manage your emotions when dealing with diverse people, you need a high level of emotional intelligence.

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 and adjust your communications accordingly.

This fascinating one-day training course is useful for anyone who leads or works with other people, no matter what size the organization. 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 in work and life by increasing their understanding of social and emotional behaviors, and learning how to adapt and manage their responses in particular situations in Singapore.

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

Lesson 2: Self-Awareness

- Tuning In to Your Own Emotions

- The Power of Emotions
- The Limbic System
- 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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