

EMOTIONAL INTELLIGENCE.

A Cognadev course.

The Emotional Intelligence (EQ) course addresses a crucial, albeit often neglected aspect of personal and interpersonal functioning. The course content aims at enhancing self-understanding, self-awareness, self-control, motivation, interpersonal awareness and insight, as well as the ability to deal with adversity.

The benefits.

EQ assists in career and personal growth. Higher EQ in team members enriches effective teamwork. EQ helps managing conflict constructively and improve negotiation. Developing EQ leads to effective decision-making and problem-solving. It contributes in creating role models and mentors who can energise, motivate and inspire others.

Core aspects.



- Enhancing self-awareness to optimise personal effectiveness
- Self-motivation and use of emotions as a source of energy
- Appropriate management of emotions in different situations
- Coping with adversity and reframing it in terms of opportunity

- Displaying empathy and understanding towards emotional states of others
- Cultivating the ability to influence and energise others (e.g. leadership)
- Learning to identify and manage potentially problematic relationships

What you need to know.

Duration:	Two day course.
Material:	Pre-work material and course workbook.
Group size:	Six to twelve delegates (optimum group size for practical exercises).
Accreditation:	A post work assignment is given (success is required for accreditation).
Venue:	Cognadev's premises or at an arranged venue.