



Emotional Intelligence

Emotions and social skills commonly known as intelligence or EQ play a role, in both personal and professional achievements. While having a high IQ can open doors for you it is your ability to connect with others and effectively handle emotions, both yours and others that truly determines your success in life. Throughout our experiences we have encountered individuals who were exceptionally intelligent but varied greatly, in their abilities. In fact, even those who may consider themselves average or unassuming can unknowingly teach us lessons. When we observe individuals who inspire and make an impact, we find that their secret lies not in their IQ but rather their EQ. Their emotional intelligence.

Overview of the Course

At the beginning of the workshop, you will have time to acquaint yourself with participants and discuss the agenda for the day. Additionally, participants will have the opportunity to identify their learning objectives.

This training session aims to assist you in teaching participants the following;

- Gain an understanding of the concept of emotional intelligence
- Recognize the connection, between physical well being
- Acquire techniques to comprehend, utilize and value intelligence in workplace settings
- Comprehend various emotions and learn methods for managing them effectively
- Develop a personal vision statement
- Differentiate between optimism and pessimism
- Validate emotions experienced by others

Overview of Emotional Intelligence History;

During this session participants will be able to outline milestones and individuals who have contributed to the development of intelligence.

Defining Emotional Intelligence;

In this session we will introduce definitions of intelligence and provide an opportunity for participants to create their own definition.

Emotional Intelligence Blueprint;

Participants will delve into the skills and concepts related to identifying emotions, understanding and managing them as using them effectively in communication.

Understanding Optimism;

In this session will cover the fundamentals of optimism while highlighting its distinctions from pessimism.

Validating Others' Emotions;

Participants will be introduced to two models that facilitate the validation of emotions experienced by others.

Exploring Emotions;

This session aims participants to explore the seven emotions, in depth.

Setting Personal Vision;

Participants will engage in a self-exercise where they examine their principles, values, strengths, talents, potential obstacles and relationships while considering their emotional experiences.

Wrapping Up the Workshop

To wrap up the workshop participants will have an opportunity to seek clarifications and develop an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725