

EMOTIONAL INTELLIGENCE WORKSHOP

"Enhance Self-Awareness, Interpersonal Skills, and Leadership Through Emotional Intelligence."

Schedule

Venue (InHouse)	Fees
At Your Organization Premises	Ask For The Quotation

► **Available delivery methods:** In-House Training

Introduction

Emotional intelligence (EI) is the ability to recognize, understand, and manage your own emotions while effectively interacting with others. Leaders and professionals with high EI excel in communication, conflict resolution, decision-making, and relationship-building.

The Emotional Intelligence Workshop provides participants with practical tools and techniques to develop self-awareness, empathy, and emotional regulation skills. Through interactive activities, self-assessments, and real-life scenarios, participants will learn how to apply EI to improve personal effectiveness, teamwork, and leadership performance.

This workshop is designed for professionals seeking to enhance their emotional and social competencies for personal growth, team effectiveness, and organizational success.

Objectives

By the end of this workshop, participants will be able to:

- Understand the fundamentals and components of emotional intelligence.
- Assess personal EI strengths and areas for development.
- Enhance self-awareness and emotional regulation skills.
- Improve interpersonal communication and active listening.
- Develop empathy and build stronger relationships.
- Manage stress, conflicts, and challenging situations effectively.
- Apply EI strategies to leadership, teamwork, and professional interactions.
- Integrate emotional intelligence principles into daily work and personal life.

Why Attend

Emotional intelligence is a critical factor for professional success and personal well-being. This workshop equips participants to enhance relationships, navigate workplace challenges, and lead effectively. Whether you are a manager, team member, or aspiring leader, developing EI will help you communicate better, collaborate effectively, and make informed decisions under pressure.

Target Audience

This workshop is ideal for:

- Managers, Team Leaders, and Supervisors
- HR and Organizational Development Professionals
- Project Managers and Coordinators
- Employees seeking personal and professional growth
- Anyone interested in improving interpersonal skills and emotional awareness

Individual Benefits

- Improve self-awareness and emotional regulation.
- Strengthen communication, influence, and collaboration skills.
- Enhance leadership presence and relationship management.
- Build resilience and manage stress more effectively.
- Increase confidence in handling conflicts and workplace challenges.
- Foster a proactive, positive, and adaptable mindset.

Organizational Benefits

- Develop emotionally intelligent leaders and teams.
- Improve workplace collaboration and morale.
- Reduce conflict, misunderstandings, and employee stress.
- Enhance overall productivity and performance.
- Promote a positive organizational culture based on empathy and trust.
- Support succession planning and leadership development initiatives.

Instructional Methodology

The workshop uses a highly interactive and experiential learning approach, including:

- Instructor-led discussions and presentations
- Emotional intelligence self-assessment exercises
- Case studies and real-life scenario analysis
- Role-playing and group exercises
- Peer feedback and collaborative learning
- Action planning for personal and professional EI development

Course Outline

- Module 1: Introduction to Emotional Intelligence – Concepts and Benefits
- Module 2: Self-Awareness – Recognizing Emotions and Triggers
- Module 3: Self-Regulation – Controlling Reactions and Impulses
- Module 4: Motivation – Enhancing Drive, Resilience, and Positivity
- Module 5: Empathy – Understanding and Connecting with Others
- Module 6: Social Skills – Communication, Collaboration, and Influence
- Module 7: Stress and Conflict Management Through EI
- Module 8: Applying EI in Leadership and Team Dynamics
- Module 9: Integrating EI into Daily Work and Lifestyle
- Module 10: Capstone Exercise – Personal Emotional Intelligence Action Plan

Certification

Upon successful completion, participants will receive a Certificate in Emotional Intelligence, acknowledging their ability to understand, manage, and apply emotional intelligence principles for personal and professional success.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
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In-House / Customized Training

Interested in running this course for your team?

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