

Emotional Intelligence

Our emotions play a far greater role in thought, decision making and individual success than is commonly acknowledged. Unlike IQ our levels of Emotional Intelligence (EI) can change. With self-awareness and focus we are able to improve our levels of EI. We can use this to support higher levels of effectiveness both in work and in our personal life. EI underpins our ability to build mutually positive interpersonal relationships, to express ourselves, be more effective at decision making, handle pressure and improve not only our self-perception but the perception others have of us. In short it helps us be effective colleagues, leaders and people!

Do you need to be more resilient? Deal with conflict better? Connect with other colleagues/people better? Be a stronger communicator? EI will get you there...

'Emotional intelligence is the master aptitude, a capacity that profoundly affects all other abilities, either facilitating them or interfering with them'. Daniel Goleman



Ever wondered why sometimes highly intelligent people fail in life, whilst those with more modest intellectual abilities are highly successful in all aspects of their lives? The suggestion is, this is due to their high levels of EI .

Workshop Overview

An introduction to Emotional Intelligence , the elements that contribute to EI and exploration of both Daniel Goleman's and Reuven Bar-On's EI model.

Workshop Objectives

- Define Emotional Intelligence (EI).
- Recognise how EI differs from IQ.
- Explain a model of EI.
- Identify how and when EI underpins personal effectiveness.
- Identify personal areas of EI you can improve.

There is then the opportunity to further develop your EI capability by attending a second workshop. This explores Reuveb Bar-On's model in more depth and includes a detailed on-line questionnaire which generates an in depth report of your current levels of EI using the **EQ-i2.0™** tool. The only current recognised tool for capturing and measuring levels of EI. An accredited facilitator will then work with you to understand and use this report to improve your levels of EI. (To identify not just what but **how** you can develop.)

EI is not new; Greek Philosopher Aristotle (384 - 322 BC) talks about a rare 'skill'...

*'To be angry with the right person, to the right degree,
at the right time, for the right purpose and in the right way.'*

What is new is our ability to measure it and take planned steps to consciously improve it.

About EQ-i2.0™ tool

Published by MHS* the **EQ-i2.0™** tool has high validity and reliability and results are compared to the most appropriate norm groups. It has also been recognised by the British Psychological Society.

*Multi-Health Systems Inc

Investment

The total cost for this one day workshop, and a one to one coaching session is £380 per person.

The total cost for the EI Report, and a one to one coaching session is £279 per person.

Alternatively, this workshop can be delivered to a bespoke group within your organisation on a selected date.

If you are interested in arranging a training workshop for yourself, or your organisation and would like further information please do not hesitate to contact us at:

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