



Emotional Intelligence

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Emotional Intelligence (EQ) is described as the enhanced ability to manage one's emotions, as well as the emotions of others. EQ consists of 5 core components.

This introductory workshop analyzes each component, and provides a framework to develop personal emotional intelligence.

- Self-awareness - recognising and understanding one's moods and emotions, and their impact on others
- Self-regulation - controlling impulses and moods
- Intrinsic motivation - driven to pursue goals for personal goals rather than external gratification
- Empathy - recognising and understanding the emotions of others
- Social skills

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.