



Emotional Intelligence

About:

Emotional intelligence is the ability to use emotions in such a way that you can achieve what you want. Unlike the IQ, our intellectual intelligence, EQ can be developed and improved. This fascinating training shows that real intelligence has everything to do with self-knowledge, empathy and the ability to collaborate.

Participants will therefore start with emotional self-awareness, practice their empathic ability and improve their communication. They will develop themselves strongly, which benefits workplace interactions as well as their personal lives.

Results:

- Participants have insight into their own emotional intelligence
- They understand the importance of this for their work and private life
- Participants can deal better with emotions and stressful situations
- Participants are more successful in their work and in private situations

Approach:

Learners get a lot out of this training thanks to our personal approach. The trainer looks at personal learning goals and development needs. Participants become aware of their personal emotional qualities and discover where there is room for improvement.

With intensive exercises and practical assignments they learn to deal more effectively with their own thoughts and emotions, and those of others. Through group discussions and personal feedback they increase their emotional intelligence and know how to apply it directly. This is an effective training with impressive results.