

EQ & You

A one-day workshop on Emotional Intelligence including the BarOn EQ-i



Overview

Increasingly, emotional intelligence is being recognised as the critical factor in career success and life satisfaction. Emotional intelligence (also called "EQ") complements cognitive intelligence (IQ) and helps us manage our lives better and relate well to others. The benefits of emotional intelligence apply to every job and every aspect of life, e.g. parenting, partner relationships, community work, employment, leadership.

Fortunately, emotional intelligence can be learned! In this one day workshop you will take the most important first step in developing your emotional intelligence. You will learn about your EQ strengths and weaknesses and develop a plan to improve them. In advance of the workshop you will complete the Bar-On Emotional Quotient Inventory (EQ-i). The EQ-i assesses your intrapersonal and interpersonal skills, adaptability, stress tolerance and general mood. It is the only scientifically validated instrument to assess emotional intelligence. In the workshop you will receive your EQ-i feedback and use it to create an emotional intelligence development plan.

This workshop can be tailor-made to your organisation's requirements and priorities - the core programme of EQ and YOU provides a useful group setting for reviewing EQ strengths and areas for renewal.

This workshop includes materials that have been licensed to Ei World Limited by Kate Cannon.

Outcomes:

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

- Define and describe what emotional intelligence is.
- Identify the individual and organisational benefits of emotional intelligence.
- Name your own EQ strengths and weaknesses.
- Identify which emotional competencies you want to develop in order to meet your personal and career challenges.
- Create and implement a personal EQ development plan.

Venue:

To be discussed.

Cost:

Depends on size of group and location.

Learning Methods:

The workshop utilises reflective, expressive and interactive techniques. The Bar-On model of emotional intelligence provides the framework. Accelerated learning methods are used.

Programme:

Welcome and Introductions

- Aims and objectives, individual expectations, review of agenda

Introduction to Emotional Intelligence

- History, models, applications
- Definitions
- The physiological basis of emotional intelligence
- Myths and realities of emotion

Benefits of Emotional Intelligence

- Personal
- Organisational

The EQ-i

- What it is, how it's used
- Individual EQ-i feedback

Emotional Intelligence Development Planning

- Tips for successful personal development
- Setting EQ development priorities
- Creating an EQ development plan based on current challenges and priorities.

Who should participate:

Individuals who are interested in developing their EQ to achieve greater career success and life satisfaction.

Option:

For tailor-made programmes to your own needs, we can use EQ-360 as an alternative feedback tool.

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