

Personal Effectiveness Through Emotional Intelligence

- EQ2



Course outline

Provided by: Performance Management Consultants – PMC Training

Reference no.	224-16
Duration	2.00 day(s) 12:00 hours ¹
Website link	https://pmctraining.com/training/personal-effectiveness-through-emotional-intelligence-eq2/

Develop Practical Skills to Increase EQ at Work and Home

This course follows Personal Effectiveness Through Emotional Intelligence – EQ1. It builds on the theory and tools presented in the initial program and dives deeper into developing the practical skills and behaviours that increase one's own emotional intelligence both at work and in personal life. This course provides the opportunity to gain greater knowledge and skills to understand, express and regulate one's emotions. In addition, participants will develop strategies to manage emotional interactions with others.

Participants engage in a variety of self-reflective exercises, group activities, and discussion to explore and develop higher levels of emotional intelligence in a supportive environment.

Learning outcomes

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

- Understand the key components of emotional intelligence
- Use tools to accurately identify your emotions
- Develop deeper self-awareness and understanding of personal triggers
- Identify and practice strategies for greater emotional regulation.
- Build greater awareness of the emotions of others.
- Understand how to overcome negative cognitive frameworks
- Identify and practice strategies for responding to the emotions of others.
- Understand the connection between personal values and motivation
- Understand the role of emotional intelligence in the workplace, team dynamics and collaboration.
- Create an "Action Plan" to guide the application of skills learned

¹ The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

Workshop topics

Introduction

- Review key concepts from EQ1
- Impact of Highly Emotional People
- Understanding the Role of EQ in the Workplace
- EQ in the Workplace: Collaboration and Productivity

Insights into Self-Awareness

- Tools for identifying mood and emotions
- Self-Assessment
- Strategies for overcoming negative frameworks
- Traits that perpetuate anxiety
- Emotional Responses vs Rational Thinking
- Emotional Associations and Triggers

Insights into Self-Regulation

- Strategies for increasing self-regulation
- Skills to reframe and respond to emotional situations
- Exercise in positive expression
- Build habits for emotional impulse control
- Managing self in response to others' emotions

Insights into the Emotions of Others & Social Awareness

- Building empathy
- Practicing empathy
- Improving responses to the emotions of others

Insights into Values & Motivation

- Emotions and team dynamics
- How values and motivations connect to emotions
- How to improve emotional intelligence on your team

Personal Development

- Emotional Intelligence Action Plan

Prerequisites

Personal Effectiveness Through Emotional Intelligence- EQ1

Who should attend this course?

This workshop is for anyone seeking to advance their emotional intelligence and build on their foundational skills. Participants that are particularly interested in emotional intelligence for team dynamics and workplaces are encouraged as well.