

## Emotional Intelligence

90 min -  
½ day

### 'Effective Mood Management'

**Business Scenario** Research shows that our EQ (Emotional Intelligence Quotient) is a better indicator of success in the workplace than IQ (Intelligence Quotient). People with well developed EQ's tend to achieve more, have better working relationships, greater influence and are generally happier in what they do. The good news is - we all have the capacity to develop our Emotional Intelligence (EI).

This inspiring discussion is designed for anyone interested in a greater understanding of emotional intelligence and how to apply it in everyday work and life situations.

**Your Booster Session**

- Increase your influence in your organisation and boost morale
- Take greater control of situations
- Improve your decision making

**Action Planning - What will You do?**

Exercises and activities will encourage you to apply the techniques discussed to your own situations and create an Action Plan for future development.

**Flexibility of Delivery**

Active Knowledge Bites™ may be delivered pre-course, post-course or stand-alone; designed as motivational, thought provoking sessions for high impact information sharing and supported with relevant exercises, material and Action Planning to apply new ideas back into the workplace. Sessions may be tailored and extended to a half-day course.

*Active Knowledge Bites™  
Turning Learning into Action...*

