

Emotional Intelligence Masterclass

Emotional intelligence helps you build stronger relationships, succeed in your personal life or work, and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.



Training Objectives

- Learn Different Emotional Intelligence quadrants and how it applies to different obstacles in life and work
- Driving self-growth and learning how to develop it
- Know how to interpret your emotions
- Learn how to recover from impediments and build resilience
- Have awareness of other people and create a powerful hand
- Learn to create a positive impact in managing others

Our Main Topics

- Emotional Intelligence for Leaders - Practical & Applicable Side
- Emotional Resilience - Dealing with Challenges and Bounce Back
- Self-Awareness
- Self-Management
- Understanding Self-Esteem and EI
- Social-Awareness and Relationship Management

DURATION: 2 DAYS

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