

21 Emotional Intelligence for Professionals

1-day programme

Emotional intelligence is not a soft skill - it is a core professional competency. This programme helps professionals develop the self-awareness and relational skills that underpin effective collaboration and leadership.

What you'll learn

- The four domains of emotional intelligence and how they affect performance
- How to develop greater self-awareness and manage your emotional responses
- Empathy as a professional skill - how to develop and apply it at work
- Using emotional intelligence to improve relationships and team dynamics

Who is it for

Professionals at all levels who want to improve their self-awareness, relationships, and effectiveness at work.

Duration

1-day programme

Outcomes

Participants leave with a clearer understanding of their emotional patterns and practical strategies for developing greater emotional intelligence in their professional lives.