

# Using Your Emotional Intelligence @ Work

## You Will Learn How To

EI is increasingly considered as an important success factor in both personal and professional life. Success in any area of life comes from knowing yourself well, learning to get along with others, acting with passion, cultivating serenity and pursuing worthwhile goals. In all of these areas EI has an important and unique contribution. For all jobs EI accounts for 65% of the success; for management jobs the percentage goes up to 85%.

This two-day, very interactive workshop will help you to understand and use the four key domains of EI:

- self-awareness
- self-management
- social awareness
- relationship management

Thus the learning will contribute to both your well-being and your success.

## You Will:

- Learn what Emotional Intelligence is and why it matters
- Identify your own emotional patterns, their strengths and weaknesses
- Become familiar with the four domains of EI
- Participate in activities and exercises that will enhance your self-awareness
- Learn ways to read other people's emotions
- Develop your ability to create rapport with others
- Learn ways to increase your influence and impact
- Enhance your ability to adapt to changes
- Practice ways of dealing with challenging situations at work that require emotionally intelligent handling

## Intended Audience

- All people who want to enhance their Emotional Intelligence at work and in their lives
- Workshop size 10-12 participants

## Program Duration

- Two days

## Workshop Location

To be decided by the client

## Pre-Workshop Preparation:

- Self-assessment of your EI patterns
- Identification of challenging work-situations where EI would make a difference

## Cost:

- Trainer fee: CHF 4'000/day
- Photocopying and production of Participant handout and materials at the charge of the client. Consultant provides Master copy in PDF format of the handout