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Leadership Training: Emotional Intelligence

Applied Technology Academy

This two-day interactive course is designed to introduce four essential aspects of emotional intelligence: intrapersonal skills, interpersonal skills, adaptability, and resilience. It also provides strategies for developing each of these skills. The course helps participants confront issues, tackle problems, and manage change and stress with composure and clarity.

LEVEL	DURATION	EXPERIENCE	AVERAGE SALARY	LABS
Intermediate	**2 Days**	**None**	**Varies**	**No**

Course Overview

The Emotional Intelligence Training is a dynamic two-day interactive course that introduces the four essential aspects to honing this soft skill – intrapersonal skills, interpersonal skills, adaptability, and resilience – and strategies for developing each. It also helps participants confront issues, tackle problems, and manage change and stress with composure and clarity.

No organization is without its ups and downs, which is why emotional intelligence is essential. In a world of deadlines, organizational changes, limited resources, and conflicting orders, having the ability to control your emotions is essential for navigating the unavoidably high-stress environment that often shapes the working world.

But it's not just about taking control of your reactions to emotionally-charged situations. The Emotional Intelligence training class will help you recognize your emotional triggers and know when and how to use them in a way that enables you to deal with stresses and also develop strong connections with coworkers.

Course Outline

- **Module 1: Introduction to Emotional Intelligence**
  - What is emotional intelligence?
  - Emotional intelligence versus IQ
  - Self-assessment
  - The sources and impact of emotional intelligence
  - How high achievers think
- **Module 2: Managing Yourself**
  - Increasing self-awareness
  - Knowing your strengths and limitations
  - Developing self-control
  - Keeping disruptive emotions in check
  - Tips for avoiding distorted thinking

  - Motivating yourself
- **Module 3: Working with Others**
  - Developing empathy
  - Social skills
  - Team-building skills
- **Module 4: Intrapersonal Skills**
  - Self-Awareness
  - Connecting Thoughts and Emotions
  - Self-Control
- **Module 5: Interpersonal Skills**
  - Increasing Your Empathy
  - Empathy in Action
  - Assertive Communication
  - Conflict Management

Prerequisites

There are no prerequisites for this course.

Course Objectives

- Manage your emotions by recognizing how thoughts and emotions are connected.
- Improve your self-control by identifying physical cues that indicate your emotions may be taking over.
- Discover how emotional intelligence can help you develop more positive relationships at work and a more optimistic outlook.
- Learn how to use assertive communication to express your needs and feelings appropriately.
- Explore how to use emotional intelligence to bounce back from setbacks.

Ready to enroll? Call 800.674.3550 or email Info@AppliedTechAc.com — private team cohorts, GSA MAS purchasing, military credentialing funding, VA GI Bill and VR&E and student financing available.