



Siyandza
EXPERIENCE LEARNING



EQ BLUE PRINT

OUTLINE



EMOTIONAL INTELLIGENCE



Emotional intelligence, also called EQ, is the ability to be aware of and to manage emotions and relationships. It's a pivotal factor in personal and professional success. IQ will get you in the door, but it is your EQ, your ability to connect with others and manage the emotions of yourself and others, that will determine how successful you are in life.

We have all worked with and listened to brilliant people. Some of them were great and... well, some were not so great. The mean and the meek and all those in between can teach us more than they realise. When we look at the truly extraordinary people who inspire and make a difference you will see that they do this by connecting with people at a personal and emotional level. What differentiated them was not their IQ but their EQ – their emotional intelligence.

THIS ONLINE COURSE WILL HELP YOU TO:



Understand what emotional intelligence means.



Recognise how our emotional health and physical health are related.



Learn techniques to understand, use, and appreciate the role of emotional intelligence in the workplace.



Understand the different emotions and how to manage them.



Understand the difference between optimism and pessimism.



Validate emotions in others.



COURSE OVERVIEW

Identify your personal learning objectives.

HISTORY OF EMOTIONAL INTELLIGENCE

This section outlines some of the milestones and important people who have contributed to the world of emotional intelligence.

EMOTIONAL INTELLIGENCE DEFINED

In this section, you are introduced to a few definitions of emotional intelligence and will then be able to create your own definition.

EQ BLUEPRINT

Learn skills and concepts behind identifying emotions, understanding and managing emotions, and using and communicating emotions.

OPTIMISM

This section outlines the basics of optimism and how it differs from pessimism.

VALIDATING EMOTIONS IN OTHERS

In this section, you are given two models to validate emotions in others.

UNDERSTANDING EMOTIONS

This section explores the seven primary human emotions.

SETTING YOUR PERSONAL VISION

Explore your own emotions by looking at principles, values, strengths, talents, potential obstacles, and relationships.

TO PURCHASE THIS COURSE, PLEASE CONTACT US VIA:

Email : info@siyandza.co.za

Phone : 011 656 1443