

EMOTIONAL INTELLIGENCE

Blended Training Course

New from Chart Learning Solutions

Emotional Intelligence skills, form the foundation for communication, relationships, leadership, motivation, high performance and focus.





E-Learning: 4 hours self-paced

Blended Learning: 4 hours self-paced & 3 hours coaching

Emotional Intelligence, also known as EQ, helps us to manage our lives and our interactions with others thereby contributing to both personal excellence and greater leadership capabilities.

A recent study of the Chartered Institute for Personnel and Development in the UK (CIPD) says that: **'Nearly as much as 80% of the reasons why careers are derailed can be traced to weaknesses in Emotional Intelligence.'**

Learning Outcomes:

1. Why Emotional Intelligence is very important for your career
2. How to integrate a regular Emotional Intelligence practice
3. How emotions, EI and mindset connect and their impact on your results
4. Practical Emotional Intelligence Techniques that help you develop strong Emotional Intelligence habits
5. Apply Emotional Intelligence tools in managing yourself and your relationships with others successfully

It has become increasingly apparent that people with high levels of Emotional Intelligence (EQ) are more successful in business and in their professional lives than those who just have high levels of "traditional intelligence".


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Emotional Intelligence is the difference that makes the difference. A lack of emotional intelligence is what limits some people in their ability to manage themselves, manage others, or manage situations.

(J.D. Meier, Director of Innovation at Microsoft)

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EQ describes the ability to understand one's own feelings, and that of groups, and how these emotions can influence motivation and behavior.

Course Outline

To achieve the Certificate in Emotional Intelligence, learners must achieve following modules:

Modules

1. Defining and understanding Emotional Intelligence
2. The Emotional Intelligence framework
3. Managing emotions and mindset
4. Practical steps to develop Emotional Intelligence
5. Techniques to build Emotional Intelligence skills

What will you receive?

1. 5 courses providing you a comprehensive overview about Emotional Intelligence
 2. Four hours self-study and 2 hours coaching with a Certified Chart Coach to solidify your knowledge
 3. Practical techniques to create your own 'Emotional Intelligence' practice
 4. Case Studies
 5. Self-reflection exercises and quizzes
- Certificate from Chart Learning Solutions

Contact us for any additional information.

**Become the sought-after leader you know you are!
Start this journey today!**

“I highly recommend this course to anyone who is keen on learning new ways to manage their emotions, to improve their day to day impact and relationships with more empathy and self-awareness.

The platform is very easy to navigate and the quizzes, case studies and self-reflection exercises add an empirical lens to the theory. The free coaching session at the end with Roxana is the best way to close the course and solidify newly acquired knowledge.

Valeria P., Manager, Deloitte Canada

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