

Applying Emotional Intelligence in the Workplace

<i>No.</i>	<i>Content / Activities</i>	<i>Objectives</i>	<i>Outcomes</i>	<i>Hours</i>
Module 1	Neuroscience of Emotional Intelligence	Understand the impact emotions have on your decisions, behaviour and performance	Participants are more confident in their decision for they will take consider of their emotional states when making any decision.	3
Module 2	Self-Awareness & Awareness of Others	Improve self-awareness and empathy for others	Participants are more aware of themselves and the impact they have on others Participants are more aware of others and can better demonstrate empathy on that basis	3
Module 3	Authenticity	Be calmer and more confident in expressing oneself and hosting difficult conversations	Participants are more confident to express how they feel and their point of view on things. Participants are more skilled at leaning into conflict and hosting difficult conversations	3
Module 4	Emotional Reasoning	Learn the role emotions play in making effective decisions	Participants make more informed, ethical decisions at work	3
	Self-Management	Better manage one's own mood and	Participants improve their resilience and well-being	2

Module 5		emotions, stress and high workloads		
Module 6	Positive Influence	Positively influence the way others feel and help create a positive workplace culture	Participants improve their capacity to positively influence the way others feel	2
			Total Hours	16 hours (delivered over 2 days)