

— Fact Sheet

Emotional Intelligence

A Workshop for you and your Organisation

EQ Training

Additional information can be sourced by contacting the Johannesburg office on +27 (0) 11 450 2434 or emailing info@bioass.com.

For more information on the EQ Workshop or a free consultation please contact info@bioass.com or call 011 4502434.

What is EQ?

- Emotional intelligence is a person's ability to identify and manage their emotions appropriately.
- EQ is the measure of EI and includes the ability to:
 - Identify and express feelings accurately
 - Use feelings constructively
 - Understand the meanings and adaptability of emotions – Empathy
 - Manage emotions for personal and social growth

Mayer Salovey – Four branch model of EI

Our EQ workshop focusses on:

- Understanding the concepts of EI and EQ
- Identifying and understanding ones' own emotions
- Rethinking the concept of Intelligence
- Changing requirements for success
- The components of EI
 - Self-awareness
 - Motivation
 - Empathy
 - Social skills
 - Self-regulation
- The Neuroscience behind EI
- Cultivating EI
 - EI and success
 - EI and leadership
 - Developing EQ
- Mindfulness
- The Business Case for EI

Workshop Details

- 1 day course
- Facilitated either online or face-to-face
- EQ theory infused with experiential exercises
- Provision of:
 - Reading material and resources
 - A practical guide to developing ones EI
 - Personal reflection questionnaire

Who should be attend?

- Any employee or manager at any level wanting to learn about EI