This workshop is designed to help you apply the skills of emotional intelligence and in doing so, improve your impact, influence and resilience.
Overview
Emotions impact the way we think, learn, teach, lead, collaborate and problem solve. Emotional intelligence involves a set of skills that help us perceive, understand and manage emotions, both within ourselves and in others. You can apply these skills to improve your self-awareness, resilience, influence and relationships within and outside of the workplace. The program uses highly practical and scientifically proven methods. Our facilitators are both skilled teachers and experienced professionals themselves.

Audience
This program is suitable for individual contributors, frontline leaders, human resource professionals and project managers.

Learning outcomes
Upon successful completion of this program you will be able to:

- Demonstrate greater self-awareness,
- Demonstrate improved empathy,
- Improve your personal resilience, and
- Be better equipped to build a more productive workplace environment.

Content
This professionally facilitated workshop involves:

- Latest theory and research in the area,
- Practical models and techniques used to apply emotional intelligence, and
- Practical application activities.

Format
The format of the Applied Emotional Intelligence Program is a one day workshop. This workshop covers four out of the six competencies of the Genos emotionally intelligence leadership model.

For a cost-effective training alternative, this course can be delivered within your organisation to a group of up to twenty-four people.

Benefits to your organisation

- Feel less stressed and be better equipped to manage high work demands,
- Create a positive work environment for others, and
- Be better equipped to positively influence the decisions, behaviour and performance of those you work with.
Leadership assessment

Participants in this program complete the Genos 360° EI Leadership Feedback Report both before and after its completion. This report provides a 360° assessment of how well a leader demonstrates emotionally intelligent leadership behaviour in comparison to others. The result is a reliable and valid measure of emotional intelligence from the most credible source available: those who see the leader in action every day.

A unique feature of the 360° EI Leadership Feedback Report is that it provides leaders with two sets of feedback: feedback about the quality of their leadership in comparison to others, as well as unique feedback on how important emotionally intelligent leadership behaviour is to the people they lead.

This context-specific feedback signals its relative importance in the ever changing and fast-paced environments in which leadership is now performed. Validating the assessment each time it is used, these two sets of feedback engage the leader in a point-in-time, context-specific development journey.

Further information

Contact our Customised Learning Consultants via email support@genosinternational.com or phone +61 2 8004 0413.

For experienced leaders and managers looking for a more comprehensive program, please refer to the Leading with Emotional Intelligence brochure.