



Emotional Intelligence

A Scientifically Proven Method for Developing the Skills of Success

Course objectives

This course will help you to:

- ✓ Manage your emotions by recognizing how thoughts and emotions are connected.
- ✓ Improve your self-control by identifying physical cues that indicate your emotions may be taking over.
- ✓ Discover how emotional intelligence can help you develop more positive relationships at work and a more optimistic outlook.
- ✓ Learn how to use assertive communication to express your needs and feelings appropriately.
- ✓ Explore how to use emotional intelligence to bounce back from setbacks.