



Increasing Your Emotional Intelligence

Course objectives

Successful completion of this course will increase your knowledge and ability to:

- ✓ Develop your level of emotional intelligence
- ✓ Identify negative consequences of unmanaged emotions on your personal effectiveness
- ✓ Describe the importance of emotional intelligence to building good relationships
- ✓ Increase your empathy and social skills
- ✓ Practice techniques to achieve greater self-awareness, self-control, and self-motivation
- ✓ Understand how emotional intelligence can be applied at the workplace to enhance employee relationships and increase productivity