



Emotional Intelligence

4 hours

English

Mid-to-Senior

Leadership

Team Member

Mid-to-Senior | Leadership | Team Member Course

Individuals need their teams. And, to effectively lead them and work in them, they must have the emotional intelligence to handle the challenges that comes with it. Individuals need to understand how developing and growing their own emotional intelligence (EQ) significantly impacts and improves the overall performance, performance of their teams, their partnerships with external and internal stakeholders, and the success of the organization. Knowing how to assess their own EQ prevents emotional hijackings within the workplace, providing individuals with the tools needed to minimize daily interferences, improve individual performance, advance team priorities and achieve organizational objectives.

This course will enable participants to . . .

- Prioritize people over operations, especially when faced with intense pressure, since people handle the operational aspects.
- Read the tone of the workplace, its people, and overall impression the organization has.
- Reduce or eliminate being emotionally hijacked because of its impact on others' performance.
- Meet expectations in creating and fostering a high-performance on a daily basis that will create a high-trust work environment.
- Understand the impact that their behavior has others' as well as organizational and departmental performance.

Talent Tip:

This course includes a self-assessment. As a course offering, you may also want to [consider DiSC Agile EQ](#) on page 18..