

Emotional Intelligence at the Workplace Training

Date	Time	Duration	Venue	CPD	Cost (Excl. VAT)PP
16th Nov, 2024	08:30 AM-11:30 AM	3 Hour(s)	Webinar, Zoom	1	1,500.00

Course Overview

This webinar is designed to help you understand and improve your emotional intelligence (EI) at work. You will learn how to use the five realms of EI: the intrapersonal realm, the interpersonal realm, the adaptability realm, the stress management realm, and the general mood realm, to enhance your self-awareness, self-regulation, social awareness, and social skills.

Course Objectives

By the end of this program, participants will be able to;

- Define EI and its importance and benefits for work performance and well-being
- Identify the five realms of EI and their components and indicators
- Assess your EI using various tools and methods, such as self-assessment, feedback, and reflection
- Apply various strategies and techniques to improve your EI in the five realms, such as self-talk, empathy, problem-solving, relaxation, and gratitude
- Use your EI to communicate effectively, build relationships, manage conflicts, cope with stress, and foster positive emotions at work

Target Groups

This training is suitable to a wide range of professionals but will greatly benefit;

- HR Professionals
- People Managers
- HR Executives

Video Link(s)

Module Title	Video Link
Emotional Intelligence at the Workplace	https://www.youtube.com/watch?v=fQyH7b_M6tA



CHRP. Den PN Gathitu

Secretary General

Academy of Certified Human Resource Professionals

To:	PROFORMA INVOICE	DATE: 25:01:2026

QTY	DESCRIPTION	NET (KES)	VAT (KES)	GROSS (KES)
1	Emotional Intelligence at the Workplace	1,500.00	0.00	1,500.00
GROSS (KES): One Thousand Five Hundred				1,500.00

PARTICIPANT(S) DETAILS			
NO.	NAME	EMAIL ADDRESS	TELEPHONE

PAYMENT DETAILS		
M-PESA Pay Bill No: 247247 Account No.: 300245 Amount: KES 1,500.00		
BANK NAME	ACCOUNT NAME	ACCOUNT NUMBER
Equity Bank	Academy of Certified Human Resource Professionals Ltd	1 2 9 0 2 7 1 2 4 5 7 5 3
Bank Branch: Kenyatta Avenue	Branch Code: 129	Swift Code: EQBLKENA

FUNDING CONFIRMATION / TAX DETAILS	
I, the undersigned, confirm that funds are available for the above training.	
Name of Organization:	
Org. KRA PIN: Org. Mobile No.:	
Confirmed By: Position:	
Signature: Date & Stamp:	

NOTE THAT:	
1. Only those Delegates whose fees have been paid in full will be allowed to the event	
2. Send a scanned copy of the duly completed Nomination Form to admin@achrp.org	
The above training Cost does not include Transport & Accommodation	