

## 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	<a href="https://www.youtube.com/watch?v=fQyH7b_M6tA">https://www.youtube.com/watch?v=fQyH7b_M6tA</a>

*Den PN Gathitu*

**CHRP. Den PN Gathitu**

**Secretary General**

**Academy of Certified Human Resource Professionals**

To;	<b>PROFORMA INVOICE</b>	<b>DATE: 26:12:2025</b>
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QTY	DESCRIPTION	NET (KES)	VAT (KES)	GROSS (KES)
1	<b>Emotional Intelligence at the Workplace</b>	1,500.00	240.00	1,740.00
<b>GROSS (KES): One Thousand Seven Hundred Forty</b>				<b>1,740.00</b>

#### PARTICIPANT(S) DETAILS

NO.	NAME	EMAIL ADDRESS	TELEPHONE

#### PAYMENT DETAILS

**M-PESA Pay Bill No: 247247 | Account No.: 300245 | Amount: KES 1,740.00**

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. Full payment is expected to be received prior to the event
2. Only those Delegates whose fees have been paid in full will be allowed to the event
3. Send a scanned copy of the duly completed Nomination Form to [admin@achrp.org](mailto:admin@achrp.org)
4. The above training Cost does not include Transport & Accommodation

Email the payment advice with this duly filled, signed, and stamped form to [admin@achrp.org](mailto:admin@achrp.org)