



## Academy of Certified Human Resource Professionals

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IHRM ACCREDITATION NO.: C00259

NITA ACCREDITATION NO.: NITA/TRN/1234

### Emotional Intelligence at Work

Start Date	End Date	Venue	CPD	Cost	Registration Link
05-10-2024	05-10-2024	Webinar	1	1,500.00	<a href="#">Register Here</a>

### Introduction

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.

### Objectives

The objective of the **Emotional Intelligence at Work** training is 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

### Zoom Credentials

Webinar Link	Meeting ID	Password
<a href="https://us02web.zoom.us/j/86129001943?pwd=ck5vUE43aHdaay9LbTM2amt2OXZDZz09">https://us02web.zoom.us/j/86129001943?pwd=ck5vUE43aHdaay9LbTM2amt2OXZDZz09</a>	861 2900 1943	845000

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**Den Gathitu**

**Secretary General**

