

Dear professional,

01/09/2025

Emotional Intelligence at the Workplace

Date	Venue	CPD	Cost (Excl. VAT)PP	Registration Link
16-11-2024-16-11-2024	Webinar	1	1,500.00	Register Here

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

The objective of the **Emotional Intelligence at the Workplace** 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
https://us02web.zoom.us/j/86511587877?pwd=eTkWy3EBdquxLVavF8RJIDPb2bNu5a.1	865 1158 7877	836233

**CHRP. Den PN Gathitu**
Secretary General

