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EMOTIONAL INTELLIGENCE	<u>Duration:</u> 3 days
Workshop Purpose	To apply the principles and concepts of emotional intelligence to the management of self and others.
Competency Outputs	Demonstrate knowledge and understanding of the principles and concepts of emotional intelligence. Analyse the role of emotional intelligence in interpersonal and intra-personal relationships in life and work situations. Analyse the impact of emotional intelligence on life and work interactions. Evaluate own level of emotional intelligence in order to determine development areas.
Methodology	• Exercises and discussions: group and individual • Self-assessment, reflection and action plan • Application project to ensure transfer from workshop to workplace