

Emotional Intelligence

A one-day course for anyone seeking to strengthen communication, personal effectiveness and teamwork in the workplace. This course will deepen self-awareness, improve emotional regulation and help you build stronger, more constructive relationships.

Single-day workshop

£325 per delegate

Available in-house



The
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This foundational course introduces the core components of emotional intelligence and provides practical tools to enhance self-awareness, emotional regulation, and interpersonal effectiveness.



PROGRAMME VENUE

Les Cotils Centre, St Peter Port.



COURSE SIZE

A group of 8 to 12 people



WORKSHOP TIME

9am to 5pm



WHAT IS INCLUDED?

Course materials

Certificate of completion

The course at a glance



The Emotional Intelligence course helps you to develop your self awareness, understanding of others and strengthen your workplace and personal relationships.

- **Know yourself**

Recognise the strengths and potential blindspots in your style, responses and approach to pressure.

- **Lead yourself**

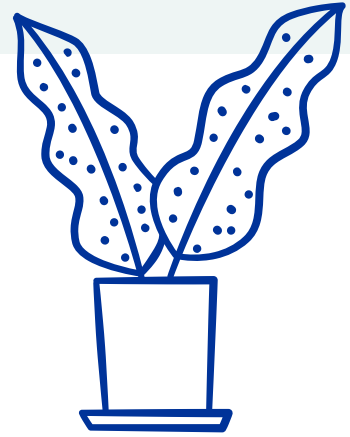
Learn how to get the best from your emotions and regulate when needed.

- **Relationship management**

Recognise other people's social cues, perspectives and preferences. Build trust, rapport and effective communication.



What you will learn



- 1** How to recognise the **strengths** in your **unique personal style**. Consider ways that help to identify less positive reactions
- 2** Recognise how to **regulate emotional responses** when needed so that reactions are less impulsive and more constructive
- 3** How to self-motivate, recognise and **overcome procrastination**
- 4** **Understand other people's perspectives** and social cues and how to adapt to them
- 5** Practical tools and strategies to **enhance communication** and connection with others



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