



# EMOTIONAL INTELLIGENCE FOR THE WORKPLACE

BY ELITE INDIGO



*Assess you and your team's Emotional Intelligence and learn how to effectively build trust and work together.*

***Walk away with a list of "quick wins" cases you can use right away in the organization!***



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100% HRDF Claimable

# Emotional Intelligence For The Workplace

## • Program Overview

In the past, it was widely believed that our success in life is measured and determined by our IQ. But in recent times, or at least for the past 10 years, studies have revealed that people with high EQ are often the most successful in their personal lives as well as their careers. Many people with high IQ but low EQ have failed in their undertakings in life. Many successful nations and companies have acknowledged and reaffirmed the importance of EQ as a critical success factor.

## • Course Objectives

At the end of this Workshop, participants will be able to:

- Understand the items in being High EQ
- Understand Personality Profiles
- Able to read Profiles like a book
- Able to use their Strengths to enhance their organization
- Able to lessen their Weaknesses to be a better employee
- Able to lead with High EQ thinking and actions



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# Emotional Intelligence For The Workplace

## • Course Outline

Time	Details	Activity
8AM Start	Registration & Breakfast	
2 Hours	<b>Emotional Intelligence Quotient(EQ) In Action</b>	<p>Description</p> <p>Learning:</p> <ul style="list-style-type: none"> <li>• Perception &amp; Self-Talk</li> <li>• Intrapersonal and Interpersonal Skills</li> <li>• Case Study Video - High EQ vs Low EQ</li> </ul>
2 Hours	<b>EQ through Personality Profiling</b>	<p>Description</p> <p>Learning:</p> <ul style="list-style-type: none"> <li>• Conduct Personality Profiling - LPI Model</li> <li>• Creative Imagine</li> <li>• Neutral Expert</li> <li>• Analytical Thinker</li> <li>• Relational Interactor</li> <li>• Decisive Decision Maker</li> <li>• A combination of Profiles in your Team</li> <li>• Case Study Videos - Recognising The Profiles</li> </ul>
1 Hour	<b>Lunch</b>	
2 Hours	<b>Personality of The Person</b>	<p>Learning &amp; Debrief:</p> <p>Learning:</p> <ul style="list-style-type: none"> <li>• Understanding Personality</li> <li>• Personality Measures</li> <li>• Significance of understanding the different personalities</li> </ul>
2 Hours	<b>Personality of the Trainer</b>	<p>Learning &amp; Debrief:</p> <p>Learning:</p> <ul style="list-style-type: none"> <li>• Understanding Socio-Emotional Security &amp; Significance in ownself and our employees</li> <li>• Case study on security &amp; significance</li> </ul>
30 Minutes	<b>Debrief , Closing Speech &amp; Recap</b>	



# Emotional Intelligence For The Workplace

## • Course Outline

Time	Details	Activity
8AM Start	Registration & Breakfast	
2 Hours	<b>Perception &amp; Stress</b>	<p>Description</p> <p>Learning:</p> <ul style="list-style-type: none"> <li>• Recognising Stress in the Workplace</li> <li>• Managing Stress in The Workplace</li> <li>• Feel Good Hormones</li> <li>• Happiness Chemicals and How to Get Them</li> <li>• Thankfulness &amp; Self-Pity Chart</li> <li>• Case Study on Real Life Case of Thankfulness &amp; Self-Pity</li> </ul>
2 Hours	<b>Emotional Excellence and Emotional Intelligence of the Person/Leader</b>	<p>Description</p> <p>Learning:</p> <ul style="list-style-type: none"> <li>• Emotional Intelligence</li> <li>• The emotionally Intelligence Workplace</li> <li>• The scarcity of Emotional Intelligence</li> <li>• A model of the High EQ Person/ Leader</li> <li>• Case Study Video of a High EQ Leader</li> </ul>
1 Hour	<b>Lunch</b>	
2 Hours	<b>The Emotionally Excellent Person</b>	<p>Learning &amp; Debrief:</p> <p>Learning:</p> <ul style="list-style-type: none"> <li>• Optimizing Self-Development</li> <li>• Enriching Your Interpersonal Skills with others in the Organisation</li> <li>• How to help your Organization using Your Strengths</li> </ul>
2 Hours	<b>Moving on with your Role as a High EQ Leader</b>	<p>Learning &amp; Debrief:</p> <p>Learning:</p> <ul style="list-style-type: none"> <li>• Maximizing our Interpersonal Relationship with others in the Organisation</li> <li>• What each profile is uncomfortable about</li> <li>• EQ Competencies and Literary Skills</li> </ul>
30 Minutes	<b>Debrief , Closing Speech &amp; Recap</b>	





## ABOUT ELITE INDIGO

We are dedicated to empowering businesses to achieve their full potential. With a team of seasoned professionals and a wealth of industry experience, we offer tailored consulting services to help organizations overcome challenges and seize opportunities.

## WHY CHOOSE US?

98% Customer Satisfaction based on Google Reviews



All our courses are 100% HRDF claimable and no PO needed.

4.9 989 Google reviews

### CONTACT US

For More 100% HRDF Claimable Courses



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## OUR COURSES



### ARTIFICIAL INTELLIGENCE (AI)

Dive into the cutting-edge world of AI, exploring algorithms, data analysis and more.



### TECHNICAL SKILL

Sharpen your technical prowess from programming, software and more.



### SOFT SKILL

Develop essential interpersonal skills to excel in any professional setting.



### LEADERSHIP SKILL

Unleash your leadership potential with our Leadership Skills course



### TEAMBUILDING

Understand the dynamics of teamwork, communication, and synergy

