



# EMOTIONAL INTELLIGENCE (EQ)

Emotional Intelligence, also referred to as EI or EQ (emotional quotient), is one of the most important ideas to hit the business world in recent years. It is based on the notion that the ability of individuals to understand their own emotions, and those of the people they work with, is the key to better business performance. In simple terms, EQ is the ability in us to control our emotions and understand and express feelings in a way that is positive to both ourselves and those around us. It's a pivotal factor for personal and professional success.

Delegates will be given practical activities to work through the five domains of EQ and establish what drives them, their goals and values and how they are perceived.

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TO BOOK YOUR PLACE



UNDERSTANDING  
YOURSELF, YOUR  
GOALS, INTENTIONS,  
RESPONSES AND  
BEHAVIOUR

UNDERSTANDING  
OTHERS AND THEIR  
FEELINGS

RESEARCH SHOWS  
THAT 80% OF YOUR  
SUCCESS IN LIFE  
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