

Emotional Intelligence

Course Duration – 2 Days

Course Cost – \$800 pp

CLF level Alignment



MMDF Alignment



Prerequisite

This program includes a **Genos Leadership Emotional Intelligence Assessment**. This tool will be emailed to you prior to the course start date.

Through the use of this tool, you will be provided with the perspective and opportunity to deepen awareness of the aspects of your leadership most important to your team members, your leadership strengths and areas for development.

Overview

The Emotional Intelligence short course provides practical models, tools and techniques for applying emotional intelligence at work and improving your impact, influence and resilience as a result. You will learn about the science of emotions and how emotions influence decisions, behaviour and performance. Using this science-based approach you will then explore models, tools and techniques for harnessing your own and others emotions and improving decisions, behaviour and performance as a result.

Who should attend this course?

If you want to be a more impactful and influential leader, with advanced skills in applying emotional intelligence, this is the ideal course for you and your career.

Learning Outcomes

- ◆ At the conclusion of this course, participants should be able to:
- ◆ Understand the social neuroscience of emotions and emotional intelligence
- ◆ Improve your management of emotions

Emotional Intelligence

- ◆ Enhance your relationships within and outside of the workplace
- ◆ Facilitate difficult conversations with confidence
- ◆ Feel less stressed and be better equipped to manage high work demands and stress
- ◆ Create a positive work environment for others
- ◆ Facilitate high performance

Topics Covered

- ◆ Your self-awareness
- ◆ Your understanding of others' emotions and how to positively influence them
- ◆ Your capacity to effectively handle difficult conversations
- ◆ Your resilience
- ◆ Your capacity to facilitate emotions that drive high performance in others

Topics covered from the Middle Management Development Framework

- ◆ Emotional Intelligence

How to enrol?

[Click here](#) to download the OCPE Course Enrolment Form.

Completed enrolment forms are to be emailed to: swpd.ocpe@nt.gov.au.

To find out more about this course contact:

Office of the Commissioner for Public Employment

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