

Emotional Intelligence

Learn about the science of emotions, and how emotions influence decisions, behaviour and performance

Course Duration – 2 Days

Course Cost – \$800 pp

CLF level Alignment



MMDF Alignment



Overview

Emotional Intelligence (EI) underlies our self-awareness, empathy, leadership, and resilience. Research conducted by Gallup has found that the EI of leaders directly correlates to employees' tenure and productivity, with most employees caring more about their relationship with their boss more than their salary. EI is a key ingredient in successful leadership and can be developed through practice.

This course shows you how to harness your own emotions and those of others to enhance decision-making, improve behaviour, and facilitate high performance. Including a Genos Emotional Intelligence Report, you'll become aware of how your emotions directly impact those around you, both in work and personal lives.

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.

Topic 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

Learning Outcomes

- ◆ Understand the social neuroscience of emotions and emotional intelligence
- ◆ Improve your management of emotions
- ◆ 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

Prerequisite

Prior to the course, you will complete the online **Genos Leadership Emotional Intelligence Assessment Tool** and nominate up to three workplace colleagues to also complete the survey.

This tool provides insight into how well you demonstrate emotionally intelligent workplace behaviour from the most credible source available: those who see the person in action every day.

Middle Manager Development Framework Alignment

- ◆ Emotional intelligence, social awareness and self-discipline

How to enrol?

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

Email completed enrolment forms to: swpd.ocpe@nt.gov.au.

To find out more about this course contact:

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