

INCREASING PERSONAL IMPACT: DEVELOPING EMOTIONAL INTELLIGENCE

WORKSHOP DESCRIPTION:

The cardinal rule when attempting to increase personal impact is to remember that effective management and interpersonal relationships begin with you rather than with changing, coercing, or manipulating others. This workshop enhances intrapersonal and interpersonal competencies so that participants increase their positive personal impact and improve their relationships with other people at work and beyond.

Participants learn from a series of exercises that develop the key components of emotional intelligence: self-awareness, self-management, social awareness, and relationship management. Based on these experiences, and on an initial assessment of each person's emotional intelligence, participants create a plan for personal change by identifying critical areas where enhanced emotional skill is important to business and personal success.

WORKSHOP OBJECTIVES:

- Define emotional intelligence and identify its core principles
- Understand the results of the emotional intelligence assessment
- Develop emotional intelligence competencies – self-awareness, self-management, social awareness, and relationship management
- Identify and plan to achieve emotional intelligence development goals

WORKSHOP CONTENT:

- Understanding Emotional Intelligence
- Developing Self-Awareness Skills
- Developing Self-Management Skills
- Developing Social Awareness Skills
- Developing Relationship Management Skills
- Establishing Emotional Intelligence Development Goals and Action Plans

FORMAT:

- Prior to the workshop, participants complete an assessment of their emotional intelligence

Participants receive the results of their emotional intelligence assessment along with interpretive materials. In addition, participants receive presentation materials covering the background and definition of emotional intelligence, the core principles of emotional intelligence, and an emotional intelligence competency framework. Materials are provided for completing a series of exercises designed to enhance critical emotional intelligence skills.

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EMPLOYEE ASSISTANCE, TRAINING AND WELLNESS

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