

EMOTIONAL EFFECTIVENESS WITH EMOTIONAL INTELLIGENCE

Objectives of the Workshop:

At the end of this workshop, participants will:

- i. Know the basics of emotions and the vocabulary of emotions
- ii. Know and understand the definition and benefits of emotional intelligence
- iii. Learn to describe and practice the six skills of emotional intelligence: empathy, assertiveness, goal-orientation, self-awareness, self-alignment and impulse control
- iv. Learn and practice RD-DNIP, a six-step process devised by growEQ, to help the participants to develop their own emotional intelligence using everyday experience at work and outside.

Content summary:

1. The program is divided into 7 modules covered over a span of 2 days with 8 hrs each day including a lunch and two tea breaks.
2. Following are the modules:
 - i. Emotional literacy and basics of emotional intelligence
 - ii. Knowing about empathy
 - iii. Being assertive
 - iv. Goal-orientation
 - v. Self-awareness and self-alignment
 - vi. Developing emotional intelligence
 - vii. Impulse Control and action planning

Duration: Two days (9:30 to 5:30 with a 45-minute lunch-break and two tea-breaks)

Methodology:

The methodology includes games, role-plays, video-based discussions, writing and introspection exercises along with slide-based discussions and self-assessments.

Note:

- (1) Details of the program are subject to change without notice.
- (2) For more details email to: info@groweq.in