



Emotional Intelligence: Leading with Self-Awareness

Emotions are the invisible hero of both success and failure in the workplace. It is up to you how emotions will influence your creativity, ability to achieve goals and the quality of your work. Emotional Intelligence (EI) is a master skill that can be learned and developed.

Higher emotional intelligence in a crisis will balance mental and emotional resilience that positively impacts employee performance.

This module gets to the heart of emotional intelligence in the workplace, explains its importance, and through a collection of science-based emotional intelligence exercises, provides practical tools for helping yourself and others.

Learning Outcomes

1. Recognize the impact of workplace emotions and how leaders can benefit from emotional intelligence.
2. Describe the methods for building new neural structures and networks.
3. Assess and increase levels of your own emotional intelligence.
4. Manage your own emotions more effectively at work.
5. Discuss the link between your thoughts, feelings, emotions, and behaviors.
6. Discover how to take control of your own relationships at work and how to create beneficial partnerships.
7. Discover ways of working with emotional intelligence to drive your team to outstanding performance.
8. Develop true empathy, which will increase your influence and the ability to be more supportive.
9. Communicate your needs and emotions, listen effectively, and improve the quality of your relationships.
10. Use science-based positive psychology exercises and techniques in the workplace


Recommended Learners


- Undergraduate Students
- Graduate Students
- Faculty and Administration wanting to deliver high-quality EI training and coaching to help others understand their emotions in life-enriching ways.

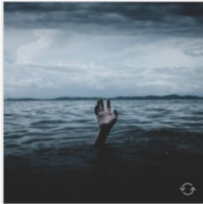
Culture of Resiliency

According to the Accenture report, a culture supporting resilience in teams and organizations must fulfil several conditions, such as:


Employees can count on a work-life balance, which helps to maintain good mental health.







Mental health issues cannot be perceived by the organization as a sign of its weakness.



An example of a learning event in our Leading Edge Learning modules. The types of instructional content within the modules include: readings, videos, transcripts, audios, interactive questions, offline application exercises, flash cards, narrated presentations, matching exercises, relevant articles, downloads, a final exam, and other activities designed to engage learners based on recognized science of learning educational concepts.

Applications and Best Practices

- ✓ Integrate in a course or program on leadership, particularly suited at the graduate level.
- ✓ Teach emotional intelligence to faculty.
- ✓ Professional development for people in leadership positions or preparing for a leadership role.

Pricing
Module is Approximately 12-15 Learner Hours

1-100 Learners per Year

\$150 per Learner

101-500 Learners per Year

\$140 per Learner

500+ Learners per Year

\$130 per Learner