

Course Overview

AMS2035: Emotional Intelligence

Overview:

Emotional Intelligence, (EQ) is the key to helping organizations achieve higher maturity by truly understanding the psychology associated with organizational behavior. This workshop will assist you in developing your emotional, spiritual, and social cognizance in a way that helps you reach your full potential. Furthermore, it will allow you to change the way you think about and approach interacting with daily challenges.





Duration: see customizable options in the table below

Content Learning Themes:

- Emotional intelligence and why it is important to personal and professional success
- Five competencies that increase your level of emotional intelligence
- Leverage your emotions for better decision making.
- Show you care, and build trust by displaying sensitivity and concern.
- Use your energy and enthusiasm to motivate others.

Customize Your Learning Experience:

AMS offers a complete Blended Learning Solution (BLS) designed to provide content topics in support of instructor led programs. The objectives of this Blended Learning Solution are to provide participants with industry and organization specific knowledge, current best practices, and competency-based learning utilizing multiple delivery models in the most cost effective way.

 Instructor Led Training (ILT)	 Virtual Instructor Led Training (VILT)	 Self-Paced Training (eLearning)	 Supportive Learning Artifacts
<ul style="list-style-type: none">• Emotional Intelligence – delivered in .5 days• Maximum 24 participants	<ul style="list-style-type: none">• Emotional Intelligence – delivered in 1, 3 hour sessions• Maximum 24 participants	<ul style="list-style-type: none">• 5 Essential EQ Competencies – 1 hour• Overview of Emotional Intelligence and Business Implications – 1 hour	<ul style="list-style-type: none">• Articles• Podcasts• Suggested Reading/HBR Case Studies• Video Vignettes

Who Should Attend

Anyone seeking a way to better manage their emotional state and reaction to challenges.

Introduction

- Course overview

Module 1: Emotional Intelligence

- What is Emotional Intelligence?
- Personal Benefits

Module 2: Five Essential Competencies

- Self-Awareness
- Self-Regulation
- Self-Motivation
- Empathy
- Effective Relationships

Closing

- Program Review
- Action Plan
- Course Evaluation

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