

# Increasing Your Emotional Intelligence



## **PURPOSE:**

---

Emotional Intelligence is a competency that underlies sound decisions and actions and is critical to effectively leading others. In this course, managers learn to manage emotions to make better decisions, communicate more effectively, and ultimately increase productivity for themselves and their direct reports.

## **WHO SHOULD ATTEND:**

---

Manager's and supervisors who not only need to manage their emotions but are also responsible for setting the emotional tone of the team.

## **BENEFITS TO PARTICIPANTS:**

---

- Gain an in-depth understanding of emotions and how they impact performance.
- Improve self-management to maintain motivation and focus for you and your team.
- Overcome setbacks quickly and get back in the game
- Accurately identify emotions in others and positively influence them.
- Develop interpersonal judgment to enhance decision-making.
- Leverage stress for optimal performance.
- Learn how to build and sustain key relationships for faster execution.
- Apply proven strategies to increase personal and organizational accountability.