

The literature suggests that EQ may be a better predictor of effective leadership and of success in both work and personal lives than IQ

There is a considerable body of research suggesting that a person's ability to perceive, identify, and manage emotion provides the basis for the kinds of social and emotional competencies that are important for success in almost any job.

And as the pace of change increases and the world of work makes ever greater demands on a person's cognitive, emotional, and physical resources, research suggest that "emotional intelligence" is increasingly important for the success in work and in life.

About this program:

This workshop will provide an overview for developing Emotional Intelligence (EQ) capabilities and discuss how and why these competencies contribute to personal and organisational success.

Emotions play an important role in the workplace, from anger to elation, frustration to contentment; we confront others and our own emotions on a daily basis.

You will learn how to intentionally make your emotions work for you by using them to help and guide your behaviour and thinking in ways that will enhance both the performance of your organisation and your own effectiveness.

Learning Outcomes:

- Learn more about your own Emotional Intelligence
- Implement a workable definition of EQ in organisational leadership
- Understand the five domains of EQ and their impact on our working lives
- Develop a personal action plan

Full Day Workshop 8:30 am – 4:00 pm
\$255

Refreshments

Morning and afternoon tea and lunch are provided for full day workshops.

Location

Level 2 Highway Arcade, 47 Stuart Highway, Stuart Park

DARWIN HEAD OFFICE

P. (08) 8941 5661

F. (08) 8941 0746

E. corp@corp.org.au

Alice Springs

P. (08) 8953 4225

F. (08) 8953 6894

E. easaalicesprings@easa.org.au

Katherine

P. (08) 8941 5661

Toll Free 1800 193 123 (NT ONLY)

www.corp.org.au

All Public Workshops require a minimum of 6 participants in order to be confirmed.

CORP has a 72 hour cancellation policy. Please contact us as soon as possible if you are unable to attend a workshop you are enrolled in, or charges may apply.