

# EMPLOYEE EMOTIONAL INTELLIGENCE

Course Code: 831175

## Unlock Your Emotional Intelligence for Workplace Success!

Step into the "Employee Emotional Intelligence" workshop—a transformative, hands-on experience designed to help you master the art of self-awareness, stress management, and positive communication. In just one day, you'll discover practical strategies to manage emotions, build stronger relationships, and handle workplace challenges with confidence and empathy.

Whether you're looking to give assertive feedback, boost your resiliency, or navigate conflict with ease, this workshop delivers actionable tools and real-world insights for personal and professional growth. Elevate your impact and create a more harmonious, productive work environment—join us and unleash your emotional intelligence!

## What You'll Learn

After completing this course, participants will be able to

- Enhance self-awareness while identifying strategies to manage emotions
- Discover how EI can help develop more positive relationships at work
- Explore ways to give assertive feedback, deal with stress and enhance resiliency

## Who Needs to Attend

Professionals who want to foster stronger workplace relationships, communicate with clarity and empathy, and inspire trust to drive meaningful results. This session is ideal for those seeking to elevate their impact, boost collaboration, and lead with emotional intelligence.

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CLASSROOM LIVE

\$1,095 CAD

1 Day

## Classroom Live Outline

### **Module 1: Laying the Foundation**

- Gain awareness of what EI means and how it can benefit individuals and organizations

### **Module 2: Managing Yourself**

- Develop deeper self-awareness around personal triggers and the physiological impact
- Learn how to reframe one's thinking for better control

### **Module 3: Emotionally Intelligent Communications**

- Understand how communication can be misinterpreted
- Enhance key communication skills to ensure one is being assertive in an interaction

### **Module 4: Building Interpersonal Skills**

- Identify when someone else gets triggered and how to de-escalate a situation
- Enhance ways to express empathy
- Have a constructive conversation using the 4 step Feedback Loop
- Manage potential conflict more effectively

### **Module 5: Adaptability and Resiliency**

- Better identify stress
- Strategically enhance resiliency

### **Module 6: Next Steps**

- Apply EI to an upcoming situation
- Consider final takeaways

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VIRTUAL CLASSROOM LIVE

\$1,095 CAD

1 Day

## Virtual Classroom Live Outline

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Feb 27 - 27, 2026 | 9:00 AM - 5:00 PM EST

Apr 23 - 23, 2026 | 9:00 AM - 5:00 PM EDT

May 29 - 29, 2026 | 9:00 AM - 5:00 PM EDT

Jun 29 - 29, 2026 | 9:00 AM - 5:00 PM EDT

Sep 25 - 25, 2026 | 9:00 AM - 5:00 PM EDT

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