



EMOTIONAL INTELLIGENCE (EQ) WORKSHOP

OVERVIEW

EQ refers to the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathise with others, overcome challenges and defuse conflict. EQ also allows you to recognise and understand what others are experiencing emotionally, as well as how you choose to respond to different situations or scenarios. As individuals, our success in the workplace today, especially in Leadership or Team positions depends on our ability to read other people's signals and react appropriately to them.

The Shine EQ Workshop draws from Goleman's theory of EQ and the Emotional Quotient Inventory 2.0, focussing on a set of emotional and social skills that influence the way people perceive and express themselves, develop and maintain social relationships, cope with challenges and use emotional information in an effective and meaningful way. This workshop is aimed at helping individuals identify their emotional and social strengths and weaknesses through a developmental lens.

KEY OUTCOMES

- Understand one's own current EQ, including strengths & development areas
- Cultivate awareness and use feedback for personal growth and effectiveness
- Gain an understanding of EQ in the context of building healthy relationships using Shine's 4 C Model (incl. the start of a personal development plan)

WHO SHOULD ATTEND

Individuals who wish to get to know themselves better, as well as those who wish to increase their personal and interpersonal effectiveness.

DURATION

One full-day workshop.

DETAILS

Shine offers an option for each participant to complete and receive feedback on an EQ psychometric assessment.