

Our Expertise Your Success

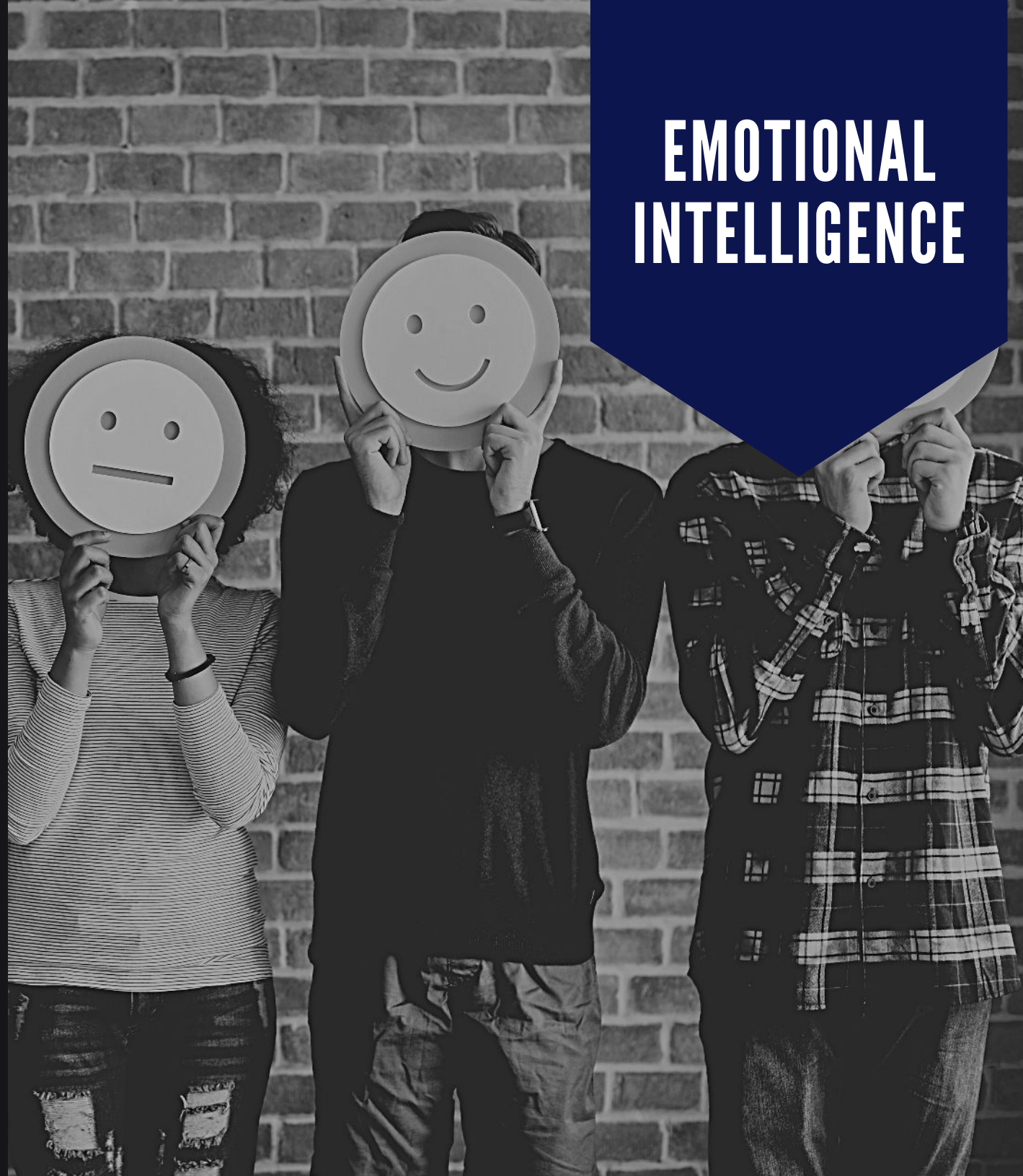
“ **Taking learning to new heights**

Learning Everest collaborates with renowned Subject Matter Experts from various industries to create simple, yet impactful, off-the-shelf eLearning courses that the employees of your organization can take at their own convenience. We specialize in providing you courses on various topics that would empower your learners to gain the necessary knowledge and perform better.



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EMOTIONAL INTELLIGENCE



About the course

- Self-paced interactive eLearning course
- Reflections & eJournals
- Scenarios
- Assessments
- SCORM Compliant
- Tracks learner's progress

Who Should Attend

This program is highly recommended for

- Marketing & Sales
- IT/Systems
- HR/Training
- Finance & Accounts
- Operations
- Administration & Legal
- Senior and Middle Management
- Planning
- Strategy
- Quality and R&D
- Students/ Fresher
- Consulting/ Project management
- Purchase/Supply chain
- Teaching/Education

Emotional Intelligence Course

Working with our emotions and developing them for our personal growth and professional achievements is a game-changer in the corporate world. It brings productivity, inclusivity, success, and empathetic leadership qualities that benefit the workplace. This is where an intensive training program in Emotional Intelligence will help you excel. You will learn to recognize, manage and develop the different aspects of Emotional Intelligence for yourself and your co-workers. An e-journal will help you keep track of your learnings as you progress through the training. The training is highly recommended for middle management and senior leadership across all types of industries ranging from education to finance. It will take approximately 5 hours to complete the course.

Topics Covered

1. Overview

- What is Emotional Intelligence?
- What are Emotions?
- How Does EQ Work in the Brain?
- Importance of Dealing with Emotions
- Understanding Your Emotions
- Leadership and Emotional Intelligence
- Express your Emotions
- Developing Emotional Intelligence

2. Self-Awareness

- What is Self-Awareness
- Becoming Self-Aware
- Managing your Emotions
- Dealing with Stress
- Being a Self-Aware Leader
- Developing Self-Awareness

3. Self-Management

- Self-Control
- What Triggers You?

- Managing Triggers
- Dealing with Change
- Self-Control and Leadership
- Gaining Self-Control in the Workplace

4. Social Awareness

- What is Social Awareness/Empathy?
- Why is Empathy in the Workplace Important?
- Self-Empathy
- Understanding Your Co-Worker's Needs
- Empathy in Leadership
- How to Bring Empathy to the Workplace

5. Relationship Management

- How Much Emotion Should You Share at Work?
- Improving with Feedbacks
- Effective Communication
- Dealing with Difficult Conversations
- Being an Inspiring Leader
- Developing Professional Relationships