

EMOTIONAL INTELLIGENCE (EQ)

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About the Programme

This emotional intelligence course is designed to build awareness of the ability to identify, understand, manage and utilize emotions effectively in a personal and professional setting.

This interactive course aims to improve self-awareness, empathy and interpersonal relationships as well as social awareness and relationship management.



Course Topics Basic

- Introduction to Emotional Intelligence
- Self-awareness
- Emotional regulation
- Empathy and social awareness
- Communication and conflict resolution
- Building positive relationships
- Emotional Intelligence in Leadership

Course Overview

Programme: Emotional Intelligence (EQ)

Audience: All

Duration: 2 Day

Delivery Methods: VILT / Classroom (face-to-face)

Pre-requisites: Basic English

Accreditation: On Request

Certificate: IDM Certificate of Completion

Programme Type: Public / In-company

Minimum Participants: Five (5)

Investment: R5400.00 excl. VAT



Contact Us

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