

Emotional Intelligence

"How to manage your internal states and impulses"

A One or Two Day Seminar

Enhance your self-awareness and make emotions work for you to build more productive relationships both professionally and personally through emotional intelligence training.

Understanding and improving the connection between emotions and actions is crucial to business and personal success. Without such insights, even seemingly successful relationships may be courting disaster. Now you can actually develop and enhance the skills that will positively impact your work and in doing so, tap into a whole new level of achievement in your career.



EMOTIONAL INTELLIGENCE TRAINING

“TRAINING FOR THE WORKPLACE”

Building emotional intelligence skills creates new levels of peak performance for individuals, teams and the entire organization.

- Improve communication
- Make faster, better decisions
 - Influence others
- Resolve conflict constructively
 - Reduce stress & worry
 - Improve work/life balance
- Develop Adaptability and flexibility
- Develop positive self expectations and motivation
 - Achievement drive

Some of what will be covered:

Communication: sending clear and convincing messages that are understood by others

Leadership: inspiring and guiding groups of people

Change catalyst: initiating and/or managing change in the workplace

Conflict resolution: negotiating and resolving disagreements with people

Building bonds: nurturing instrumental relationships for business success

Collaboration and cooperation: working with coworkers and business partners toward shared goals

Team capabilities: creating group synergy in pursuing collective goals

Self awareness: Knowing one's internal states, preferences, resources, and intuitions.

Emotional awareness: recognizing one's emotions and their effects and impact on those around us

Accurate self-assessment: knowing one's strengths and limits

Self-confidence: sureness about one's self-worth and capabilities

Self regulation: Managing one's internal states, impulses, and resources

Self-control: managing disruptive emotions and impulses

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“TRAINING FOR THE WORKPLACE”

Tradition of Excellence

Dr. Alex Garcia and Leadership Dynamics has built a strong reputation for affordable, practical, and convenient business training for professionals everywhere, in every industry and sector.

With more than 1,000,000 satisfied customers, we continue to provide superior training you come to expect with Dr. Alex Garcia. Our blended learning approach is designed to offer various training options to meet the individual needs of your employees and your organization. Choose from many quality courses that can satisfy your organization's needs any time, anywhere and in any format.

- On-Site Training
- Keynote Speaking
- Public Seminars
- Audio, Video Resources



An employee with high emotional intelligence can manage his or her own impulses, communicate with others effectively, manage change well, solve problems, and use humor to build rapport in tense situations. These employees also have empathy, remain optimistic even in the face of adversity, and are gifted at educating and persuading others and resolving conflict and complaints in a service role.

This "clarity" in thinking and "composure" in stressful and chaotic situations is what separates top performers from weak performers in the workplace.

As colleagues we have often asked ourselves the following questions: Why do certain team members get into incidents more often than others? Why do they violate company ethics and policies? Why do they ignore the rules of the organization? Why do they use illegal drugs while on the job?

You will learn:

- How to improve relationships
- How to develop awareness of others' feelings, needs and concerns
- Understanding intuition and empathy
- Understanding others: an intuitive sense of others' feelings and perspectives, and showing an active interest in their concerns and interests
- Develop the ability to anticipate, recognize, and meet the needs of others
- Develop the ability to sense what others need in order to grow, develop, and master their strengths
- Develop and cultivate opportunities through and with diverse people
- Develop the adeptness at getting desirable responses from others
- Influencing: using effective tactics and techniques for persuasion and desired results