

Emotional Intelligence

With greater self-awareness of your emotions and the ability to empathise and understand other people's emotional state, you will undoubtedly perform better in the workplace. In other words, being emotionally intelligent makes a real difference to performance and, therefore, profit.

Emotional intelligence training is not just a desirable 'soft skill'. In fact, research indicates that emotional intelligence can be a better indicator of workplace performance than IQ. It gives you very real and concrete benefits and should be an essential element of your development programme throughout your legal career.

This training course will provide you with the fundamental knowledge required to develop your awareness of EI and in doing so help you to perform more effectively.

Course objectives:

- ✓ Understand various emotions and the impact they can have on your performance
- ✓ Recognise and understand emotions in others and how to adapt your behaviour to suit
- ✓ Understand how you can regulate your emotions to enhance performance
- ✓ Learn how to handle and inspire emotion in others