



# Emotional Intelligence

Soft Skills Training Workshop

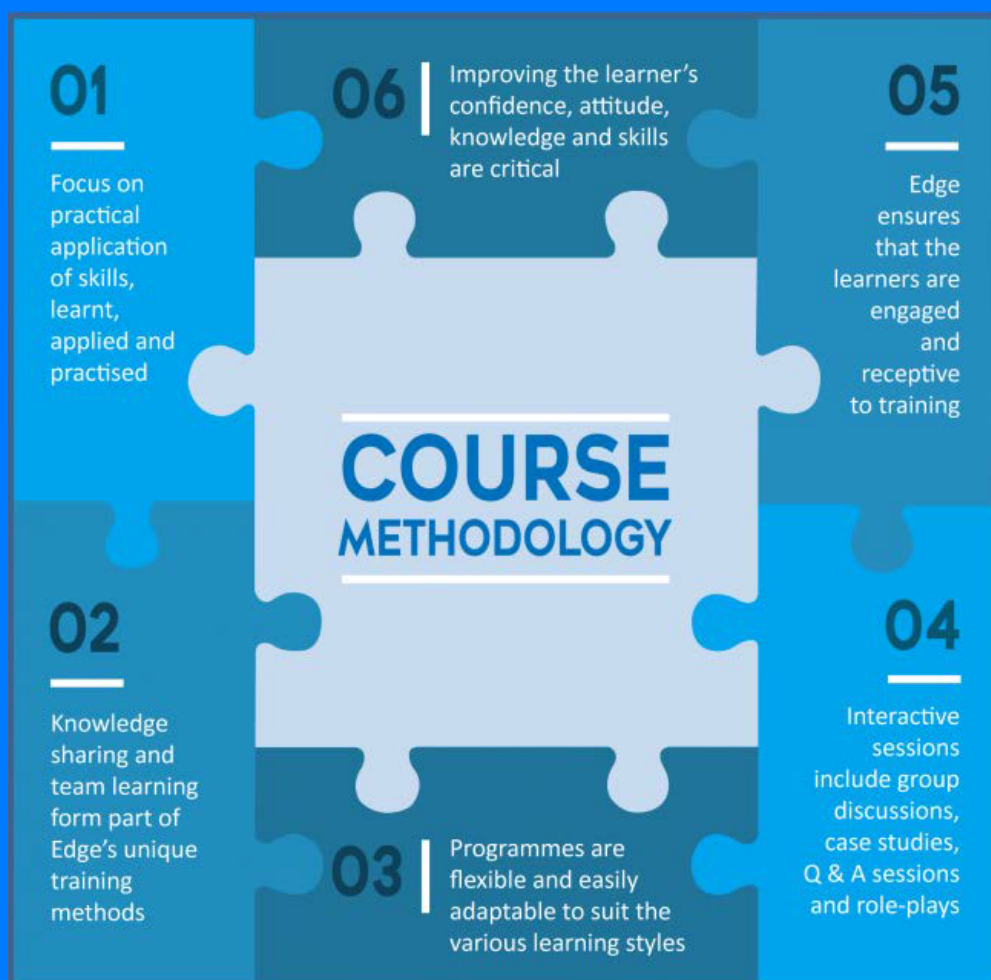
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## Workshop Outline

- Exploring and defining Emotional Intelligence (EQ)
- Establishing the basics of EQ
- Comparing and Contrasting the difference between EQ and IQ (Intelligence Quotient)
- Understanding EQ and its effect on leadership
- Determining your EQ position and how it affects you currently
- Finding techniques to improve your EQ, in order to make you more relatable
- The importance of applying for futhering your EQ effectiveness
- Incorporating EQ in your organisation for the benefit of both clients and colleagues

## Objective

By the end of this course you will be able understand the difference between EQ and IQ through this workshop, and one will be attuned as to how their EQ can influence their day to day life as well audit their current Emotional Quotient. There is focus on developing ones EQ and adapting it to workplace situations to improve work relationships as well as actively playing out real life scenarios to practice these skills.



## About Edge Training

With over 22 years of Human Development training experience, Edge Training has a Level 1 BBBEE Scorecard, a National Footprint and Full Accreditation with Services SETA. Together with our BEE partners, we are committed to solving BEE related Skills Development Challenges in a meaningful way. Whether an Accredited Short Course, a Behaviour Changing Workshop or a Learnership, our highly skilled and dedicated team can offer you a solution. We source the learners and manage all the necessary requirements for disabled and unemployed Learnerships. Most of our Learnerships and Workshops are also offered as online courses.

## Get in Touch

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