



Eat the Elephant

'Helping people achieve the objective'

Essential Management Development skills

Practical Use of Emotional Intelligence

Who is it for ?

Team members engaged in understanding the objective ways to measure and use emotional intelligence competence in the workplace

What is it about and what will it do ?

Production of an emotional intelligence report enabling understanding of people to manage own and others emotional state in a productive manner

Typical Objectives

Recognise situations in your work area where understanding emotional intelligence is appropriate
Develop the skills to use emotional intelligence reports to aid individual and team performance

Indicative Outline Content

- Production of an emotional intelligence report with individual feedback
- Understanding of how emotions affect workplace behaviours
- Understanding of how people differ in their capacity to understand and control their emotions
- Understanding of how people differ in their ability to recognise and manage the emotions of others
- Understanding and development of the emotional intelligence of the team to create and build successful organisations
- Interactive exercises

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