



### **PURPOSE OF THE PROGRAM**

The purpose of this program is to introduce the principles of Emotional Intelligence, heighten the employees' self-awareness and to grow the management of self and relationship with others and to learn how to lead using the Emotional Intelligence framework.

### **PROGRAM OUTCOMES**

***On completion of this program learners will be able to:***

Develop the ability to accurately perceive, understand and accept one self.

Be aware of and understand your emotions.

Become self-reliant and free of emotional dependency on others.

Have social awareness and the ability to build interpersonal relationships.

Be aware of and understand how others feel.

### **PROGRAM OUTLINE**

Self-Awareness.

Self-Management.

Social Awareness.

Relationship Management.

### **TARGET GROUP**

Any person in the workplace or personal life who wishes to grow the management of self and the relationship with others.

### **BENEFITS**

Effective communication

Professional business image

Employee retention

Positive attitude towards personal effectiveness

Reduced grievances

Improved opportunities