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# Emotional Intelligence

▶ 5 HOUR VIRTUAL WORKSHOP



## Building workplace relationships



## Emotional Intelligence

Do you recognise your own emotions? Can you manage feelings and reactions so as to not to let them get in the way of what you want to do? Can you read the emotions of others and judge how best to respond effectively?

Emotional Intelligence is the ability to understand and manage your own emotions and those of the people around. It underpins essential leadership skills for communicating effectively, empathising with others, supporting others to deliver and develop, diffusing unhealthy conflict, managing stress and dealing with change when working with others.

Leaders who have well developed emotional intelligence are more likely to have engage the full commitment to performance of their teams.



### Develop emotional and social awareness

Self assessment	Thinking errors	Leadership styles	Personal Plan
Emotional and Social intelligence model	Emotional hijacks	3 styles of leadership	Actions to take
Identify strengths & areas for development	Strategies for thinking differently	Systemic issues & social awareness	Commitments to self

### Format



“If you are tuned out of your own emotions you will be poor at reading them in other people – Daniel Goleman”

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