

Leading with Emotional Intelligence

The core emotional intelligence models, tools and techniques you need to lead effectively

2 - 3 May 2023

This is an **interactive Virtual Instructor-Led Training (VILT)**.
Kindly ensure you have a working Webcam and Headset with Microphone.

KEY BENEFITS OF ATTENDING

- **GAIN** core skills and critical knowledge to engage people and make good decisions
- **STUDY** the science behind emotions, and the connection between the body and brain
- **UNDERSTAND** how our emotions impact us and our reactions
- **PERCEIVE** emotions in ourselves, our environment and in others
- **BECOME** aware of our underlying emotional triggers and how they progress and change
- **MANAGE** your emotions effectively with practical tools and strategies
- **BUILD** personal resilience