



Emotional Intelligence for Growth

NDA TRAINING TASMANIA

RTO Provider : 60034

Course Cost - \$395

Duration - 1 Day

Locations

- Hobart
- Launceston
- Ulverstone

Course Dates

Course dates can be found on the training calendar on the NDA website. If you can't find a suitable date, email:

bookings@nda.com.au

Private Training

This training can be delivered as a private course for your organisation and can be customised for your needs. The training can be delivered either on-site or at NDA premises.

Please contact us for further information and to be provided with a quote.

More Information

Phone: 03 6334 4910

Email: bookings@nda.com.au

Web: www.nda.com.au

BOOK

ENQUIRE

WEBSITE

Unit Code/s*:

BSBPEF502 - Develop and use emotional intelligence (with post-course work)

Course Objectives

Emotional intelligence affects us all, whether we are constantly working in collaboration with others or individually on projects. So, this training course would be suitable for everyone in your organisation, but particularly those that must interact with others on a regular basis.

Emotional intelligence training is not just a desirable 'soft skill'. In fact, research indicates that emotional intelligence can be a better indicator of workplace performance than IQ. It gives you very real and concrete benefits and should be an essential element of any staff development program. are better equipped to handle the ever-increasing pressures of a modern workplace.

Learning Outcomes

What is Emotional Intelligence?

- A set up to the session, which explains what EI is and its role in improving performance in the workplace.

Self-Awareness

- Understanding how self-aware participants currently are, reviewing the value of self-awareness and providing an opportunity to develop this.

Self-Management

- Appreciating that we manage ourselves based on our values, attitudes and beliefs. Looking at methods of improving self-management and overcoming negative 'self-talk'.

Self-Motivation

- A look at how personal goals drive our self-motivation, how our beliefs, values and attitudes can affect our motivation and some valuable techniques for personal improvement.

Empathy

- Helping participants appreciate the need for empathy and providing the methods for doing it.

Handling Relationships

- Bringing the previous skills together to become 'socially intelligent'. Looking at real life situations and how emotional intelligence plays a part. Finally; reviewing ways of further improving relationships using emotional intelligence.

Optional Assessment - \$195 per unit

This course is part of a nationally recognised training program. Participants who successfully complete the optional assessment component of this course will receive a Statement of Attainment for the unit of competency aligned to the training course.

Exercises and activities completed during the course will be used as evidence towards unit competency.

Participants who choose not to be assessed will receive a Certificate of Attendance.