



COMMUNICATION



TEAMWORK



CREATIVITY



ADAPTABILITY



PROBLEM-SOLVING

SOFT SKILLS

SOFT SKILLS

Emotional Intelligence Skill Course

Project Based Immersive Learning Course

Course Overview

Education Nest offers an Emotional Intelligence Course that equips learners with the necessary skills to comprehend and regulate their emotions effectively. This training empowers experienced managers and leaders to elevate their leadership skills by teaching them emotional management and regulation techniques. During this course, trainees will gain insight into communication and self-awareness, problem-solving and decision-making, self-management, and relationship management. Trainees will learn how to manage their emotions positively and productively, recognize emotional issues in others, and provide support. The ultimate goal of this course is to enhance emotional awareness and equip students with tools to navigate relationships and life more effectively.

Benefits of Emotional Intelligence Skill Course :

The benefits of emotional intelligence training courses are countless. Emotional intelligence training programs provide individuals with critical skills and knowledge that can enhance their personal and professional lives. These courses offer numerous advantages, as participants can benefit in the following ways:

- Enhance your self-awareness to gain a clearer understanding of your strengths and weaknesses.
- Enhance your comprehension of your emotions to tackle a difficult situation
- Create a customized self-development plan to ensure growth as a leader
- Leadership with Emotional Intelligence
- Improved communication and reduced stress
- Utilize the knowledge and skills acquired to enhance your personal performance.

Who should learn:

- Head of Department
- Current leaders
- Managers
- Business Heads
- Team leaders
- Supervisors and Trainers
- Head of Department
- Business Heads
- All aspiring leaders
- Anyone who wants to learn conflict resolution

Designations:

- Human Resources (HR) professionals
- Counselors and therapists
- Customer service representatives
- Leaders and managers
- Teachers and educators

Why Emotional Intelligence Skill Course from Education Nest

- **Free Demo on Request**
- **Live Interactive Learning**

- **Lifetime Access**
- **Flexible Schedules**
- **24x7 Support**
- **One on One Doubt Clearing**
- **Real Time Project-Based Learning**
- **Certificate Oriented Curriculum**

Key Skills Covered:

- Understand their emotions and know how to control it in any situation
- Understand how to use a self-development plan as a strategic training tool
- Learn how to improve the ways in which you manage yourself and your team
- Understand Emotional Intelligence competency framework
- Use the techniques and concepts in the workplace
- Create a long-lasting impact
- Assess and understand current Emotional Intelligence level
- Motivate yourself and others
- Take the right decision without being emotionally biased
- Communicate effectively verbally and non-verbally

Emotional Intelligence Skill Course Syllabus

MODULE 1 (Introduction to Emotional Intelligence)

- What is Emotional Intelligence?
- Effects of Emotions in our life
- Why is Emotional Intelligence needed?
- Benefits of Emotional Intelligence at a workplace

MODULE 2 (Empathy)

- Difference between Empathy and Sympathy
- Importance of Empathy as a Leader
- Developing your Empathy
- Developing Empathy in a team

MODULE 3 (Self-Regulation)

- Science of Emotions and how it works
- Understanding Emotions
- Self-Control
- Managing Emotions
- Meditation and other techniques

MODULE 4 (Social Skills)

- What are social skills?
- Making a powerful impact
- Stop being judgmental
- Art of giving feedback

MODULE 5 (Motivation)

- Self-Motivation
- Understanding Optimism
- Understanding Pessimism
- How to motivate others as a leader?

MODULE 6 (Self Awareness)

- Know Yourself
- Second side of a coin
- You are the best judge
- SWOT analysis

MODULE 7 (Verbal and Non Verbal Communication)

- Listen to Understand
- Listening to unstated needs
- Asking discovery questions
- Body Language
- How to Say a NO?

MODULE 8 (Workplace Management and Responsibility)

- How do you manage your emotions in the workplace?
- Understanding team members
- Role of Emotional Intelligence at work
- Managing your instant reaction
- Be a host

MODULE 9 (Time to Implement)

- Guidance for Leader to Cultivate Emotionally intelligence
- Case Studies
- Create your story
- You are Emotionally Intelligent Now

Career Support

Profile Building :

Experienced professionals are available to offer tailored assistance in crafting your CV and online profiles, taking into account your unique educational and experiential background.

Interview Preparation :

The upcoming interview preparation service will include personalized one-on-one sessions and the option for mock interviews if needed.

Job Referrals :

At Education Nest, we receive a variety of job requirements from diverse sources such as organizations, our clients, HR consultants, and a vast network of Education Nest currently employed in different companies. We strive to meet these varied requirements to the best of our abilities.

Continuous Support :

We offer continuous support for as much time as you need it, and a considerable number of our learners receive multiple interviews offers and promising employment opportunities as a result of the abilities they gain during the program.