

Using your Emotional Intelligence (EQ)



"I did not realise EQ is such a scientific tool and founded on serious research world wide. What I really liked was the practical link to my life and my job" Financial Officer –Manufacturing

"Petra's wisdom and depth of understanding this is inspiring. Her style allowed each of us to be honest and learn from her tough love! I learned so much from seeing her in action with our differences" HR Officer - Technology

Benefits to attend

- Build & maintain strong relationships in challenging times
- Remain focused and calm under trying circumstances
- Make decision making easier
- Recognise what makes for successful managers & leaders
- Be able to tap into the best fitting Emotional Intelligent ability in every situation
- Recognise why others may struggle quickly and with empathy

Who will benefit from attending?

Anybody – a mixed audience to see various perspectives

What dates and where is it on?

22 Sept & 8 Dec 2015 in Dublin; each day will run from 09:00 – 17:00 with 15 minutes breaks in the morning and afternoon and 1 hour for lunch.

What will you learn?

- How you are tapping into your EQ at present through your personal EQ-I profile
- What you can do to use your EQ smarter and sharper
- How using your EQ affects your (work-)relationships
- What EQ is (and is not) and how it compares to other Intelligences
- Resilience techniques

How will you learn?

The morning is comprehending EQ application by experiential exercises & the afternoon is developing individual EQ through various real-life scenarios. Following the course you will be working with a fellow student to develop your EQ continuously. There will be pre-workshop reading & a pre-reflection questionnaire

How do I book?

The course fee is €675. Bookings paid before 1st September will receive 15% discount. The course fee includes a workbook, lunch and beverages on each day. *For the first 3 and subsequent 2 paid bookings we offer a free place to a registered charity.* Send your name, details and course description to Caitriona for us to send you an invoice.