

EMOTIONAL INTELLIGENCE

Emotional intelligence (EI) is the ability to recognize and manage our emotions, behaviours, and impulses, as well as apply this knowledge to the world around us. It encourages self-awareness, internal motivation, and the exploration of diverse perspectives. Through effective and authentic communication, emotional intelligence will create positive relationships within any organization.



By the end of this lesson, you will:

- Understand the concept of emotional intelligence.
- Recognize the importance of EI in personal and professional life.
- Identify the five components of emotional intelligence.
- Learn practical strategies to improve your emotional intelligence.
- Apply EI in various real-life situations.



Taking control over the emotions that shape our lives can have powerful effects.

The course will provide participants with the tools to gain control over emotions, navigate challenging situations, and communicate empathetically. With emotional intelligence, you can build a happy and prosperous life.