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EMOTIONAL INTELLIGENCE	Duration: 2 days
Workshop Purpose	To apply the principles and concepts of emotional intelligence to the management of self and others.
Competency Outputs	<ul style="list-style-type: none"> • Demonstrate knowledge and understanding of the principles and concepts of emotional intelligence. • Analyse the role of emotional intelligence in interpersonal and intra-personal relationships in life and work situations. • Analyse the impact of emotional intelligence on life and work interactions. • Evaluate own level of emotional intelligence in order to determine development areas.
Methodology	<ul style="list-style-type: none"> • Exercises and discussions: group and individual • Self-assessment, reflection and action plan <p>Application project to ensure transfer from workshop to workplace.</p>