

Workshop on
Emotional Intelligence



Do you want your employees to manage their & others' emotions Intelligently?



Do you have a workshop/journey for your managers/ leaders for recognizing their own feelings & those of others and for managing emotions well in themselves & in their relationships ?

We partner to solve the puzzle with a creative twist with a 1 day of workshop on Emotional Intelligence' for your leaders !



6 b iv) Emotional Intelligence

Emotional Intelligence (EI) is the capacity for recognizing our own feelings & those of others for motivating ourselves, for managing emotions well in ourselves & in our relationships.

“Emotional Intelligence” is a solution to upskill managers/ leaders, as they :
Understand and

1. State what are Emotions & EI, state what is amygdala hijack & contagious emotions
2. Interpret the **4 elements** of Emotional intelligence & **12 components** of EI including

- o Self awareness
 - o Self-management
 - o Social awareness
 - o Relationship management
 - o Self awareness
 - o Empathy
 - o Organizational Awareness
 - o Achievement orientation
 - o Adaptability
 - o Self Control
 - o Positive outlook
 - o Conflict management
 - o Coaching & mentor
 - o Influence
 - o Inspirational leadership
 - o Team work
3. Remember negative attribution cycle, how to deal with disruptive emotions & how people see you with intent, behavior, perceptions

Create your own solution and :

4. Do self-assessment on the 12 components of EI
5. Craft a strategy to increase your emotional intelligence with my action plan

This workshop uses design thinking techniques & creative tool like mythology, videos, poster, legos, puzzle, movie clips, choose a picture, act the word, bon fire & more.

6 b iv) Emotional Intelligence framework

Emotional intelligence model has focus on 4 elements including self awareness, self management, social awareness & relationship management and actions to further improve self on the 12 components of the framework.



- Self awareness
- Empathy
- Organizational awareness
- Achievement orientation
- Adaptability
- Self control

- Positive outlook
- Conflict management
- Coaching & mentor
- Influence
- Inspirational leadership
- Team work

Model by : Dr Daniel Goleman the father of EI



Do write to our Genie :

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talent happiness creatively**

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Let's upskill your leaders on
'Emotional Intelligence'
in a 1-day workshop

