



Emotional Intelligence (EQ) Training Course

About This Course

Emotional Intelligence (EQ) Training Course



Do you want to have a better understanding of how your emotions impact on other people?

Our Emotional Intelligence training course will show you how improved performance and better relationships can be formed by understanding how our behaviour impacts on others.

The course looks at how improving interpersonal skills can improve relationships and how we can develop an 'all-round improved attitude' by understanding more about ourselves, our emotions and behaviour.

We deliver the course as a face to face course and a live virtual online course.

The Course Aim & Objectives

Here's what you will learn on our Emotional Intelligence course



Course Aim

This Emotional Intelligence training course will show you how improved performance and better relationships can be formed by understanding how our behaviour impacts on others.

Course Objectives

By attending this Emotional Intelligence Training Course you will:

- Know what Emotional Intelligence (EQ) is and how to use it
- Understand how self-limiting beliefs and restrictive talk can impact on our emotions and behaviour
- Be able to recognise triggers to negativity and how to combat them
- Have a greater understanding of how our own behaviours impact on others and our relationships with them
- Have an increased self-awareness of themselves and how to use this to improve their own individual performance

The Course Content

Here's what we cover in our Emotional Intelligence course



What is Emotional Intelligence?

- An introduction to what Emotional Intelligence is
- Why be more emotionally intelligent?
- How your brain works
- The core Emotional Intelligence competencies

Self-Awareness

- Where are you now?
- What does this mean and how it might be holding you back
- Understanding your emotional triggers and how this translates into behaviour

Being Emotionally Intelligent

- Looking at some core Emotional Intelligence models and translating these into workable tools
- Understanding empathy and how to demonstrate it
- How to use Emotional Intelligence to engage others
- Managing your own and the emotions of others

Managing Yourself

- Understanding your emotional triggers
- Maintaining positivity
- Reducing stress levels

Delivery Options

How we deliver our Emotional Intelligence course



In-House

Delivered at your business location or a location of your choice anywhere in the UK, Ireland, across Europe or online.

We can adapt the course content to meet your specific needs and those of your team.

Contact us for a quote.

In-House Delivery

Train your team. Train your entire company



We can deliver our Emotional Intelligence training course just for your team or organisation.

1

Start with an off-the shelf course

We'll use the content in the overview as a starting point

2

Understanding your needs

We'll work with you to agree what outcomes you want from the course

3

Making it yours

We will shape the content to ensure the course meets your requirements

4

Delivering the skills

We then deliver the course that we've agreed either in-person or online

Make it even more bespoke

We can completely redesign the course to meet your needs. Just tell us what you need, and we can put a no obligation proposal together for you.

Online Training Course

Fun, engaging and interactive – delivered online



Our Emotional Intelligence training course can be delivered as a virtual online course.



The same great content reimagined for the online environment.

- ✓ We can use the platform you are most comfortable with, for example Zoom, Teams, Webex etc
- ✓ Re-designed sessions to allow for interactivity and engagement in the online environment
- ✓ The same fun, engaging and down to earth approach
- ✓ Join your course from anywhere

About Us

Here's a bit about us and what we do



We are Revolution Learning and Development

We are a leading learning and development consultancy based in the UK. We provide our services across the UK, Ireland and Europe.

- ✓ We deliver fun, engaging and down to earth training courses in-person and online
- ✓ Over 20 years of training experience
- ✓ Incredibly cost effective and a real focus on return on investment
- ✓ 92% of our clients rebook us for further training and development
- ✓ Flexible training and development solutions

Let's Talk

We're here to help



If you have any questions about our Emotional Intelligence course or would like a quote for an in-house course, then just get in touch.

Call Us:

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Visit Us:

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