

The Heart of Connection: Emotional Intelligence in Interpersonal Dynamics

What's the secret ingredient that sets top performers apart? It's not just technical skills or experience — it's emotional intelligence (EI). In today's fast-paced world, the ability to recognise, understand, and manage our own emotions, as well as those of others, is what truly drives success.

In this session, we'll dive deep into the core components of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and interpersonal skills. You'll discover how these elements work together to enhance personal and professional relationships, and lead to better overall performance.

Join us to learn how mastering EI can transform the way you communicate, collaborate, and lead, empowering you to navigate challenges with grace and confidence. Don't miss this opportunity to elevate your skills and connect on a deeper level with those around you

Learning Objectives

- Understanding emotional intelligence and interpersonal dynamics
- Checking our knowledge on emotional intelligence
- Developing the 5 key components of emotional intelligence

Content Outline

Emotional Intelligence & Interpersonal Dynamics

- What are Emotions and How are Emotions Formed?
- Social Cognition and Emotional Intelligence
- Green Flags of Emotional Intelligence

Checking Our Knowledge on Emotional Intelligence

- Activity: True or False Questions about Emotional Intelligence

Developing The 5 Key Components of Emotional Intelligence

- Self-Awareness, Self-Regulation, Motivation, Empathy, Interpersonal Skills
- Tip: Practise Active Listening