

## *Improve emotional intelligence with* **EIview360**<sup>+</sup> (1 of 2)



Emotional intelligence is the ability to identify, understand and effectively manage emotions and behaviors.

Research shows that emotional intelligence is an important element of effective leadership.

EI360° is a 360° questionnaire validated at international level based on the Goleman model that allow to facilitate a development plan focuses on the key competencies that are part of the emotional intelligence.

### Learning objectives

- Identify the areas and the components of the emotional intelligence model
- Acquire awareness of your own strengths and development areas regarding the competencies that are part of the model
- Apply techniques and tool to improve emotional intelligence in a working context

## Improve emotional intelligence with **EIview360**



(2 of 2)

### Structure of the program



## For more information

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