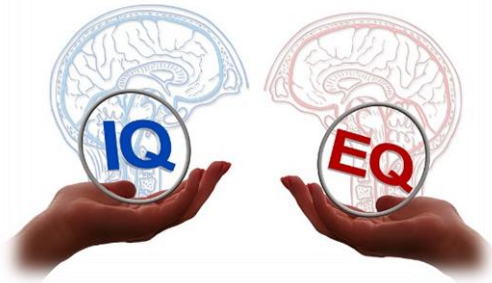# Improve Emotional Intelligence

Preparation for the course

EMOTIONAL INTELLIGENCE view360

- ✓ 360 **online** questionnaire, internationally validated
- ✓ detailed report to know your actual level of **emotional intelligence competencies**

Course structure – virtual classroom

- ✓ 4 modules (2 hours each) with exercises during and between one module and another
- ✓ **individual development plan** at the end of the last module
- ✓ follow-up (2 hours) after 6 weeks to share the progress and results obtained and continue the application of the techniques acquired
- ✓ **maximum 6 participants**

Individual coaching upon request during or after the course for a **customised** approach based on your specific needs

Why participate?

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

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

The course provides **proven techniques and tools** for improving the skills linked to emotional intelligence.

The course includes **simulations with feedback** in order to facilitate participants' engagement and learning.

Objectives

- ✓ identify the **areas** of the emotional intelligence model
- ✓ acquire **awareness** of your own strengths and development areas regarding the competencies included in the model
- ✓ apply techniques and tools to improve emotional intelligence in a working context

Language   English, Italian

Contact us for more information!

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