

## EMOTIONAL Intelligence

for a more human style of Management

### Target population

Any Manager wishing to improve his relational efficiency and work better with his employees and colleagues.

### Catalog Training

English Speaking countries

To include in the Company Catalog, available to staff or

to set up an action for a Service, one or several teams.

**2 to 6 participants :**

**By videoconference : 14 hours**  
(in 4 to 6 modules)

**A Preparatory OBJECTIVE Sheet is sent to the participants**

if you wish a tailor-made, more contextualized training, a **preparatory video meeting** will be organized.

### INDIVIDUAL

(by videoconference)

**Depending on the goals :**

#### TRAINING

**10 hours ♦ 2 500 €**

Number of sessions and frequency, defined with the trainee.

or

#### Operational COURSE

Contact us to clarify the context, the progress points and the challenges to face

We send a proposal with total duration and cost.

## OBJECTIVES

**During the training, you will have acquired skills which will enable you to :**

- have a better understanding of emotions in professional relationships
- understand and accept your own emotions,
- acquire emotional flexibility,
- improve your relationships with your employees and colleagues,
- recognize the emotions of your partners and take them into account in your management.

## Possible Program Development

### Understanding how emotions function

All aspects of the human being

Basic emotions, and other emotions

Triggers, different ways of expression, intensity levels

The impact of emotions on our behavior

The traps of emotional control (denial, over-control)

### Becoming more aware of your own emotions and making the best use of them

Recognizing their reality, their usefulness or their limiting effect on yourself and on others

Welcoming your "negative" emotions and expressing them positively

Experiencing new emotions in order to get out of stalemate situations

Using your resources to control your mood

### Developing openness towards the emotions of other people

Being more attentive to the emotional language of others

Recognizing the difference between genuine emotions and false ones, emotions which carry hidden messages

Distinguishing between emotions due to personal circumstances and those inherent in working life

### Managing with emotions

Defining your preferred style of management and measuring the impact on your team

Adapting your management style, according to people and situations

Staying in a positive emotional state in business situations (interviews, meetings, negotiations...)

Mobilizing your positive emotions and those of others in order to guarantee optimal action and mutual success