

# EMOTIONAL INTELLIGENCE & TEMPERANCE AWARENESS AT THE WORKPLACE WORKSHOP

Come learn how to build positive relations for better situation and people management!

When it comes to reaching peak performance, Emotional Intelligence (EI) and Temperament Awareness (TA) are key. From our past research, Emotional Intelligence and Temperament Awareness are more important to performance than qualifications, experience and technical skill combined.

**Emotional Intelligence** is the ability to perceive, use, understand, manage and handle one's emotions and those of others to make the most of issues and situations.

**Temperance Awareness** on the other hand refers to being conscious of aspects of an individual's personality, which are mainly biological or innate

as opposed to learned. Temperance is basically life-long traits that we have acquired early in life or simply inherited. These two are skills that can be developed overtime.

In order to effectively lead their teams and work better with their colleagues, every manager today needs to boost their **EQ (Emotional Quotient)**. This comprehensive two (2) day course is designed to help delegates work effectively with others by creating great cooperative relationships. The program is divided into modules that bring out real life scenarios, and day to day experiences at workplace.

## COVID-19 PREVENTION

We follow all the Ministry of Health (MOH) guideline and Standard Operating Procedures (SOPs) on curbing the spread of COVID-19.

**WE VALUE YOUR HEALTH AND  
THOSE OF YOUR LOVED ONES...**



## TARGET PARTICIPANTS

**This course is suitable for anyone interested in;**

- 1) Enhancing own emotional and social skills.
- 2) Understanding personalities and Emotional Intelligence for better people and situation management.

# TRAINING CONTENT (WHAT YOU WILL LEARN)

## **MODULE 1: The Link between Thoughts, Feelings, Emotions and Behavior**

**WHAT** is the relationship among these?

## **MODULE 2: Different Emotional Intelligence Systems and Formulas**

Are there different emotional intelligence systems? Is there a formula to help manage anxiety, depression and stress?

## **MODULE 3: Applying Emotional Intelligence, Formulas and Principles**

**How** do you apply emotional intelligence formulas and principles in your daily life to ensure effective self-regulation and control?

## **MODULE 4: Improving Your Emotional Resilience and Tolerance Levels**

**What** can you do to improve your emotional resilience and tolerance level?

## **MODULE 5: The Memory System, Unconscious Effects and Experiences**

Do you understand your memory system, the unconscious effects and experiences you are having in your life?

## **MODULE 6: Temperance Awareness and Mental Health**

**What** are the different personality traits, and how can you manage your mental health difficulties?

## **MODULE 7: Using Emotions to Your Advantage**

**How** to use emotions to your advantage through emotional wiring.

## **MODULE 8: Building Healthy Neural Structures and Networks**

**How** do you control and manage your memories and traumatic experiences?

**NOTE:** This course can also be offered as a tailor-made (in-house) workshop to meet your organizational needs.

By end of the workshop you will be able to;

- a) Discern between feelings and label them appropriately.
- b) Understand your personality and those of others.
- c) Use emotional information to guide thinking and behaviour.
- d) Adjust emotions to adapt to environments for effective leadership.
- e) Enhance emotional and social skills in order to build positive relationships at your workplace.
- f) Create more satisfying, productive and innovative experiences at work.
- g) Devise research-based strategies to resolve conflicts and strengthen empathy constructively.
- h) Work effectively in teams and create great cooperative relationships with others.

## **TRAINING FEES & DISCOUNTS**

**UGX 800,000** per participant. This will cover Training, Certificate, follow-up and 3 months handholding and technical support.

**FOR EVERY 3 NOMINEES, a 10% DISCOUNT will be given**

## **PAYMENT DETAIL**

**A/C Name: Ne Cro Consult Ltd**

**A/C No: 1001201415770**

**Bank Name: Equity Bank**

**Bank Branch: Oasis Mall**

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