

EQ - TRAINING

Emotional Intelligence Skills Training available in English
Personal EQ Assessment is included



Introduction

Everybody knows that EQ is essential, and many also know that EQ is trainable – but how does it exactly help? Moreover, how can one develop it?

Via this training you can:

- Increase your energy and resilience
- Recognize the emotions and feelings of others better
- Deal with differences, tensions, and conflicts better
- Influence collective emotions more effectively

Content – what you can learn?

- What is EQ and how it impacts your performance
- The nature of emotions, and the interplay of Body, Emotions, Thoughts, Awareness
- Practice critical EQ skills as Emotional Awareness, Anger Management, Stress Management, Self-Motivation, Assertiveness, Emotional Influence.

This training includes the EQ-SWOT online assessment. The report is an important learning material, and it will be used extensively in the program

The report will provide insights into your EQ strengths and development opportunities, and also includes development suggestions.

Training methods:

- Games and exercises
- EQ-Workout Board Game
- Role plays
- Self-reflection and evaluation
- Discussions

ENHANCE YOUR EMOTIONAL CAPACITY

Gabor Nagy

Trainer
Assessment Expert



Date	One day workshop on appointment (approx. 9 am - 16 pm)
Type of event	in your facility or a hotel of your choice
Costs	3.650€ plus tax incl. EQ-SWOT PDF report / participant excl. expenses for facilities and travel
Group size	min. 6 - max. 10 persons
Registration form	Link trainingsinitial is „EQ-EN-WEB“.

Each participant receives an invitation to fill in the online questionnaire EQ-SWOT and receives the report before the workshop.

Our further offers in the English language

- Self-Motivation and Motivation Skills for Managers (including motivation analysis)
- Team-Leadership (including Team Role Report)
- Effective Conflict Management (including Conflict Style Report)