

Managing Emotions Workshop



Workbook

psysoft
realising **your** potential

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Introduction

This workshop aims to increase self-awareness and to gain an understanding of emotional intelligence, its role in helping you manage your emotions and how it can be developed.

Objectives

The objectives of this workshop are to help you to:

- Understand the concept of emotional intelligence
- Become familiar with the EQ-i 2.0 model
- Consider the importance of emotional intelligence in your own role
- Write an action plan to develop aspects of your emotional intelligence

SAMPLE

Emotions

Emotions at work

Before understanding emotional intelligence and how it works, it is important to appreciate the role emotions play in the workplace.

When can emotions be a problem at work?

How do emotions influence us at work?

Which emotions are useful in the workplace?

How can we manage our emotions?