



# Emotional Intelligence Training



# Emotional Intelligence Training

🕒 1 day 📍 Live Online, Face-to-Face 💰 \$ 900

Emotional Intelligence Training provides an introduction to emotional intelligence (EI). This program emphasises the practical application of EI concepts. Through completion of a Genos Emotional Intelligence Assessment, participants are provided with the perspective and opportunity to deepen awareness of the aspects of their emotional intelligence areas for development.

Explore a series of practical techniques, where you will learn and practice the EI skills that are the core of achieving personal awareness, connecting with others, managing stress and exhibiting resilience and optimism.

Emotional intelligence training is a key part of professional development in many industries for a reason. This course teaches easy-to-use techniques that can be applied at work and home straight away, so you can start on the road to mastering your emotional intelligence and seeing the effect it has on your life and wellbeing.

*Note: You will need to complete the Genos Emotional Intelligence Assessment at least 1 week prior to attending the workshop. This helps to personalise the training content and ensure you get the most value from it.*



Discover more at [swi.nu/emotional](https://swi.nu/emotional)

## Course highlights

- Understand the theory of emotional intelligence (EI) and skill areas.
- Recognise the relationship between EI and success.
- Demonstrate greater self-awareness.
- Demonstrate greater behavioural agility and understanding of others.
- Manage emotions and build personal resilience.
- Build more effective relationships with people at work and at home.
- Develop strategies for enhancing your emotional intelligence capabilities.

## Who should attend?

This course is for anyone in the workplace wanting to increase their capacity to think intelligently about their own and others' emotions to intentionally and efficiently deliver individual and organisational outcomes.

## Learning objectives

By completing this course, participants will be able to:

- Communicate more clearly and effectively
- Reduce anxiety and stress
- Improve your relationships
- Increase your ability to deal with change
- Build a key skill for successful leadership and management.

## What you can expect

- A workbook to take home or to work that you can reference back to.
- Learn alongside professional peers, and network.
- Pathways to continue your studies with Swinburne Edge.
- The immediate knowledge and confidence to implement your new skills.

## Pre-course work

There are no pre-requirements for this course.

## Dates

**View dates and register** for this course.

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## The Swinburne Edge difference

Swinburne Edge is a division of Swinburne University that exclusively services professionals. We offer professional development to people with existing skills and experience, who are ready to up-skill or formalise their skills for their next career stage. Immerse yourself in a Swinburne Edge short course or qualification to enhance your current knowledge with fast-tracked, practical learning that gets you to your goal faster.

For further information, contact our Continuing Professional Education Advisors on 1800 633 560 or [edge@swinburne.edu.au](mailto:edge@swinburne.edu.au).




"[The facilitator] was very informative and understanding. She was very experienced and clear in her delivery. A great course that everyone should undertake."

**Electra**  
Participant,  
Emotional Intelligence Training





## Contact us

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