

Emotional Intelligence in the Workplace



Course Overview

Learn how to manage your emotions and your reactions to others through Emotional Intelligence. Understand its role in the workplace. Studies show the one element that consistently prepares individuals for success is Emotional Intelligence. What is it? How do we improve it? How can we share it in the workplace?

Key takeaways:

- Emotional Intelligence, what is it?
- How to Promote Emotional Intelligence in the Workplace
- Enhance your ability to relate positively to others.

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