

# Emotional Intelligence

Being “academically smart” is not enough. To reach your full potential, personally and professionally, you need Emotional Intelligence. The research indicates that IQ can help you to be successful to the extent of 30% only in life. The rest of 70 % success depends on your Emotional Quotient.

**Emotional Intelligence** is the capacity to recognize and effectively manage emotions in ourselves and others. Emotional intelligence increases our ability to stay energized at work, cope better with “present moment” demands whether with Seniors or peers, build relationships, increase optimism and helps us to use even so-called “negative” emotions to enhance our efficiency.

## Who should attend?

For anyone wishing to live a more fulfilled and meaningful life but specifically for Executives and Students or anyone starting their career.

# Benefits

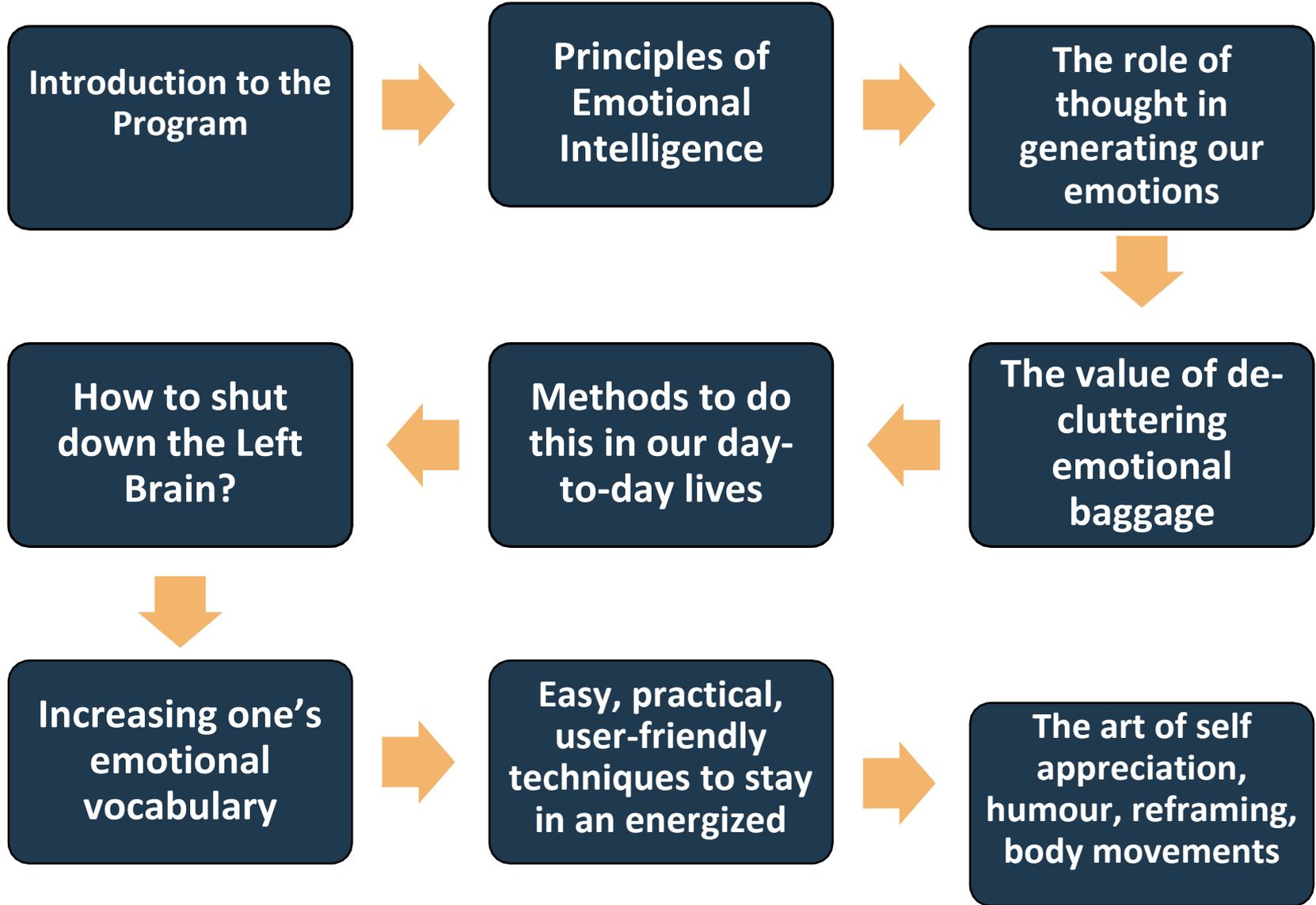
Develop a great deal of self awareness about feelings and how to use even “negative” feelings to enhance your performance at work

Have a heightened sense of wellbeing & self-confidence which will support being focused on assignments at work

Develop attitudes that support staying energized & Stay enthusiastic and self- motivated

Increase personal productivity, Improve communication,  
Resolve conflict constructively & Reduce stress & worry

# Course Outline



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How to wear a “Professional mask” and yet be authentic



Attitudes and skills required for playing win-win in relationships



Activities during the session

4P Advisory Services

## Prerequisites for the EXAM

- There are no pre-requisites required for attending this course

## Exam Details

- None



**JOIN NOW!**

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