Expanding Your Emotional Intelligence

Category: Professional & Leadership Development | **Vendor:** Various

Duration: 16.00 hours (2 days) **13.0 CPD Hours** **Rating:** ⭐ 4.6 (5,878 reviews)

Course Information

Delivery Format: Instructor Led - Online

Course Overview

The workplace can be filled with stress, pressure, excitement, and anxiety. Emotional Intelligence (EI) is how we identify and regulate our own feelings, tune into the feelings of others and understand their perspectives, and use this knowledge to guide us toward constructive interactions. Emotional Intelligence is more than your average “soft skill”. It is essential to successful teamwork, effective leadership, and overall competence. Most of all, it is a skill that takes practice and focus to master. Private classes on this topic are available. We can address your organization’s issues, time constraints, and save you money, too. Contact us to find out how. This course has been approved for 14 PDUs | 14 CDUs

About This Course

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Who Should Attend

Those desiring to achieve and apply emotional self-awareness and management to enhance their professional careers as well as realize their personal goals will benefit from this course.

Learning Outcomes

Upon successful completion of this course, participants will be able to:

Analyze the components of Emotional Intelligence Explain the principles of self-awareness Implement Emotional Intelligence for better communications and first impressions Demonstrate how to balance positive and negative emotions Use principles of mental resilience to navigate difficult relationships and situations

Detailed Course Outline

The History of Emotional Intelligence <

- Redefining intelligence
- Introducing EI
- The benefits of EI competence
- EI first steps
- 5 components of EI

Learning the Elements of Emotional Intelligence

- Can you learn EI?
- Understanding EI appraisals
- Emotional Intelligence 2.0
- Personal and social proficiencies
- Emotional honesty

The Value of Self-Awareness

- Defining the “self”
- The Physical Self
- The Emotional Self
- The Mental Self
- The Spiritual Self

Enhancing Your Communication with Emotional Intelligence

- Emotions and how we perceive the world
- The powerful first impression
- Focused listening
- Building rapport and emotional empathy

Using Positive and Negative Emotions

- Building personal wellness
- The gratitude mindset
- The power of negative emotions
- The lessons of regret
- Cultivating enthusiasm, confidence and efficacy

Creating Balance and Authenticity with Others

- Giving in without giving up
- Building mental resilience
- Difficult people, difficult situations
- Disagreeing constructively

Authentic leadership

Upcoming Schedule

Available training dates for Expanding Your Emotional Intelligence:

Start Date	End Date	Location	Delivery	Price
10 Dec 2026	11 Dec 2026	Online	Virtual	€1,195.00

Frequently Asked Questions

Q: What delivery options are available for Expanding Your Emotional Intelligence?

We offer multiple delivery formats:

- Live Instructor-Led Classroom Online (Virtual/Live Online)
- Traditional Instructor-Led Classroom Training (ILT)
- On-site delivery at your offices anywhere in United Kingdom
- Private dedicated courses customized for your team

Q: How many CPD hours does this course provide?

The 2-day Expanding Your Emotional Intelligence course provides up to 13.0 CPD hours of structured learning. CPD certificates can be provided upon request.

Q: What is the duration of the Expanding Your Emotional Intelligence training?

The training takes place over 2 day(s), with each day lasting approximately 16.00 hours including breaks for lunch and refreshments.

Q: Do you provide corporate training for Expanding Your Emotional Intelligence?

Yes, we provide corporate training, dedicated training, and closed classes for Expanding Your Emotional Intelligence. Training can take place anywhere in United Kingdom including London, Manchester, Birmingham, Edinburgh, or live online allowing teams from across United Kingdom or internationally to attend.

Q: Why choose Nexus Human for Expanding Your Emotional Intelligence?

Nexus Human is recognized as one of the leading training providers. Our trainers have won multiple awards including:

- Small Firms Best Trainer Award
- National Training Partner of the Year (Ireland) - Multiple Years
- Global Top 30 Instructor Awards (2012, 2019, 2021)
- Tech Excellence Award Nominations
- Learning Performance Institute (LPI) External Training Provider Sponsor 2024

Q: Are there any discount codes available?

Yes! Use discount code **PENPAL5** when booking your Expanding Your Emotional Intelligence training. Please note that only one discount code can be used per booking and cannot be combined with other special offers.

Nexus Human

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