

# Expanding Your Emotional Intelligence

## Course Overview

Grasp of this crucial skill-set is essential to effective collaboration, productivity, and accomplishment. This course does much more than cover the theory of EI. Incorporating powerful tools and classroom activities, you will practice and hone your skills, mastering the strategies learned to effectively communicate, connect with, and support others through healthy and productive interactions. [Download the Course Outline and Information on Post-Class Content](/Portals/0/Documents/CLD%20Outlines%20and%20Post%20Class/Expanding%20Your%20Emotional%20Intelligence.pdf).

## 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.

## Course Objectives

Identify the key competencies of emotional intelligence. Develop a learning path to enrich your EI. Gain better control over your behavior under duress. Enhance your communication skills and competencies. Learn to thrive under stress. Develop gratitude and strength of character. Build a meaningful life balance and your authentic self.

## Course Outline

### 1 The History of EI

Defining Emotional Intelligence  
Understanding the 5 Components of Emotional Competence  
Using an Emotional Vocabulary

### 2 Can You Learn EI?

Learning to Be Emotionally Competent  
Developing Self-Awareness  
Building Trusting Relationships

### 3 Enhancing Your Communication with EI

Creating a Powerful First Impression  
Using Body Language  
Communicating with Flexibility and Authenticity

This is a 3-day class

## Upcoming Dates

Date	Time	Where
12/02/2019	9:00AM - 5:00PM	Online LIVE
01/15/2020	9:00AM - 5:00PM	Online LIVE
03/04/2020	9:00AM - 5:00PM	Online LIVE
04/13/2020	9:00AM - 5:00PM	Online LIVE
05/06/2020	9:00AM - 5:00PM	Online LIVE
06/22/2020	9:00AM - 5:00PM	Online LIVE

[View All Course Dates & Register Today](#)

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## 4 Emotions & Behavior

Expanding Your Emotional Toolbox  
Applying Mindfulness  
Offering Your Attention and Acceptance

## 5 Emotions Under Stress

Knowing Yourself  
Applying the Right Emotions at the Best Time  
Managing the Modes of Cognition

## 6 Gratitude & Strength of Character

Cultivating Enthusiasm, Confidence, Trust, Tenacity, and Character  
Understanding the Role of EI at Work  
Disagreeing Constructively, Applying Passion and Fostering Optimism

## 7 Meaningful Life Balance & Authenticity

Leading by Example  
Giving In Without Giving Up  
Making Authenticity a Part of Your DNA