



an  egis company

بروجاكس للتدريب والتطوير
Projacs Training and Development

Emotional Intelligence

ONLINE COURSE

A Member of:



PROJACS ACADEMY



ProjacsAcademy.com



Introduction

Companies thrive or fail to achieve their business and personal goals due to some critical factors which influence their performance and results. Since we are working nowadays in a diverse and changing environment and encountering different cultures/norms, people need to know what emotional intelligence is to be able to increase their personal and social awareness and competence to better deal with others. By knowing the main value and benefits of emotional intelligence, you will be able to better assume your professional responsibilities and scope of work.

Objectives

By the end of this training course, participants will be able to:

- Gain a better idea on what emotional intelligence is all about.
- Know the essential components of emotional intelligence.
- Understand the value and benefits of emotional intelligence.
- Create a personal action plan on how to effectively manage one's stress, frustration and anxiety during crisis

Who Should Attend?

This program will be animated by a certified trainer and expert in the field of management and leadership. People who have some personal interests to develop their knowledge and skills in this topic can attend the online training.

Course Outlines

DAY 1:

The Concept of Emotional Intelligence (EI)

- Define the concepts of EI, EQ and IQ.
- Analyze the competencies and values required for Emotional Intelligence.
- Develop a focused attitude based on personal and social competence.
- Examine the impact of EI on company's strategic plans and goals.
- Explain the EI Model and all the related factors.

DAY 2:

The Value & Benefits of Emotional Intelligence (EI)

- Highlight the "Ten Habits of Emotionally Intelligent People."
- Build effective communication and motivation skills to maximize success.
- Understand the benefits and value of EI in business and social context.
- Develop people abilities and attitude to better make rational decisions.
- Learn how to improve your EQ and measure one's success.

DAY 3:

Self-Assessment and Action Planning

- Conduct SWOT analysis from 360-degree perspective.
- Set a personal development plan for improvement.
- Learn how to think global and act local.
- Share some tips and advice on how to improve oneself.

Training Method

- Live group instruction through the online platform.
- Use of real-world examples, case studies and exercises.
- Interactive participation and discussion.
- Powerpoint presentation, and online activities.
- Self-assessment tests and group think exercises.
- Mini-individual presentation and sharing feedback.

Duration

Three-Day Program

Schedule

Daily Schedule*:

- | | |
|-------------|-------------------|
| • Session 1 | 12:00PM - 01:00PM |
| • Break | 01:00PM - 01:15PM |
| • Session 2 | 01:15PM - 02:15PM |
| • Break | 02:15PM - 02:30PM |
| • Session 3 | 02:30PM - 03:30PM |
| • Q & A | 03:30PM - 04:00PM |

* KSA time

* Course agenda can be adjusted according to client's preference

Course Fees*

- **700 USD**
*VAT is Excluded If Applicable