

# UNDERSTANDING EMOTIONAL INTELLIGENCE



International School  
*Of* Management

— UNLOCKING KNOWLEDGE —

# INTRODUCTION



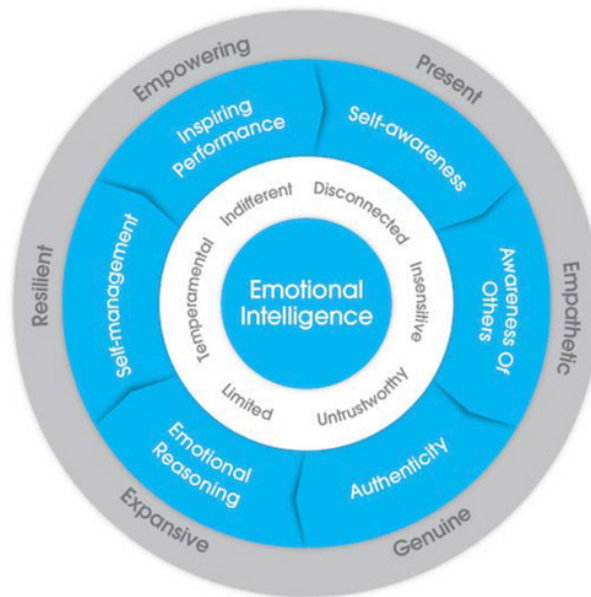
Emotional Intelligence (also referred to as EI and EQ) is about an individual's ability to recognize and regulate their own emotions and the emotions of others in order to achieve his personal and/or professional goals.

This course will explore various models of EQ, the ethics of incorporating EI assessments and training in various situations, criticisms of the EQ concept and components of EI, and how to strengthen delegates' own Emotional Intelligence. By learning about EQ, delegates can better determine whether or not their businesses or companies would benefit from EQ classes, learn how to strengthen their own EI skills, and understand the relationship between personality and Emotional Intelligence as well as the role that EI plays in those with personality or relationship disorders.

The course learning will include the main topics on human emotions and some recent findings on individual differences in emotional dispositions and capabilities. The review of emotions research will include: definition and function of emotions, basic and complex emotions, dimensional and categorical models of emotion, emotion perception, models of emotion-processing, social aspects of emotions. The individual differences topics will centre on the relatively new construct of emotional intelligence (EI), but will also include other individual difference approaches, for example personality/affect relationships, emotion regulation, and coping. The coverage of EI will include controversies relating to its existence and measurement, for example whether it is more appropriate to view EI as part of the intelligence or the personality domain.

This course links emotional intelligence to practical leadership behaviours. In this course, leaders assess the emotional competence of their leadership behaviours and identify ways they can increase their emotional intelligence when leading others. The course starts with a series of guided reflections and takes participants through a series of emotionally charged situations through which they develop a greater understanding of emotionally competent leadership behaviours.

# LEARNING OUTCOMES



By the end of this two-day emotional intelligence training course, delegates would have:

- Gained an insight into emotional intelligence, what it is and how you can use it
- Developed an awareness of the various EQ model, used to measure emotional intelligence
- Developed self-awareness and self-management of personal emotions
- Explored ways to advance personal emotional intelligence
- Recognised emotions in others, responding to those emotions in order to inspire high performance
- Understood the consequences of behaviour and weigh decisions before action

# COURSE OUTLINE

- Lesson 1: Understanding Emotional Intelligence
- Lesson 2: Personality and EQ
- Lesson 3: The Ability Model of EI
- Lesson 4: The Trait Model of EI
- Lesson 5: The Mixed Model of Emotional Intelligence
- Lesson 6: The Bar-On Model of Emotional Social Intelligence and the Genos Model
- Lesson 7: Criticism of the Theoretical Foundation and Measures of Assessment of Emotional Intelligence
- Lesson 8: Emotional Intelligence, Personality Disorders, and Individuals on the Autism Spectrum
- Lesson 9: EQ and Personal Relationships
- Lesson 10: Emotional Intelligence in the Workplace
- Lesson 11: Improving Emotional Intelligence

# REGISTRATION & ENQUIRIES

**Duration :** 2 days

**Registration :** N10, 000 (non-refundable)

**Tuition :** N140, 000 only

**FOR FURTHER ENQUIRIES, PLEASE CONTACT:**

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