

## EMOTIONAL INTELLIGENCE (EQG)

A great course for anyone...who wants to know more about emotional intelligence.

### Purpose:

A workshop to develop your potential to recognise, manage and de-mystify emotions, increasing your ability to confidently use your humanity and grace in business.



- Learn how to manage your emotions in “hot” situations
- Understand the emotions of others and how to control your reactions to them
- Uncover the secrets of self-motivation
- Learn how to handle “difficult” people
- Learn how to value different responses in others
- Be more in control of your life
- Become more effective in your business relationships
- Feel more comfortable in difficult situations
- Feel in charge of your life
- Learn how to be pro-active not reactive.

© Voice Business 2013

What you will learn:

This is a workshop all about emotional intelligence. In it you will learn...

### Part 1 Understanding Your Self- as an Emotional being

How to be authentic, respectful, and responsible - by first coming to understand what your "emotional life" consists of.

Exercises in:

Examining Your Emotions

The Physiology and Microbiology of Emotions and Emotional Energy

Tension and time of day

### Part 2 Emotional Connection

How to identify emotional states in others and build "emotionally connected" relationships- even with "difficult" people.

Exercises in:

Identifying and generating emotional states

Handling pain and passion in others

Creating trust

### Part 3 Self-Motivation

How to manage your emotions so you can "feel the fear and do it anyway".

Exercises in:

Building "resource" states  
 Commitment and character  
 Sensing future opportunities  
 Self renewal  
 and much, MUCH more!

Course	Code	Duration	Location	Cost	Type
Emotional Intelligence	EQG	1 x 8 hr workshop	Australia-wide	\$3300	Group
<b>Sydney</b>	<b>Melbourne</b>	<b>Brisbane</b>	<b>Canberra</b>	<b>Adelaide</b>	<b>Perth</b>
On site / City venue	City Venue	City Venue	City Venue	City Venue	City Venue

Class Time:  
 Classes are available weekdays between  
 6.00am-6.00pm  
 Workshops are from 9.00am-4.30pm

Questions?  
 Email: [courses@thevoicebusiness.com.au](mailto:courses@thevoicebusiness.com.au) or  
 Phone: 1300 922 122  
 Website: [www.TheVoiceBusiness.com.au](http://www.TheVoiceBusiness.com.au)

Contact Head Office: The Voice Business,  
 Level 3, 66 Berry St, North Sydney,  
 NSW 2060, AU

CDs.Mp3 and Work notes included  
 Post Course Evaluation

A Certificate of Completion will be awarded to  
 each successful candidate.