**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.

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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!

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| **Course** | **Code** | **Duration** | **Location** | **Cost** | **Type** |
| Emotional Intelligence | EQG | 1 x 8 hr workshop | Australiawide | $3300 | Group |

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| **Sydney** | **Melbourne** | **Brisbane** | **Canberra** | **Adelaide** | **Perth** |
| On site / City venue | City Venue | City Venue | City Venue | City Venue | City Venue |

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.

##### 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:admin@voicebusiness.com)or Phone: 1300 922 122

Website: www.TheVoiceBusiness.com.au