

The Business of Thinking™

ThinkAbout Emotional Intelligence

Module summary

Emotional Intelligence may have become a buzzword in business, but it still plays a critical part in helping us understand why people are successful in business. We utilise a Whole Brain approach to emotional intelligence, helping participants to understand and manage themselves and others more effectively and appropriately.

This module combines classroom learning, experiential learning and on the job application to transform your ability to lead. It delivers knowledge, tools techniques you need to integrate new behaviors to be a whole emotionally intelligent leader. This programme delivers some of the core competencies of emotionally intelligent leadership. Provides the principals and practices for continued development.

Who should attend?

- ♦ Managers
- ♦ Supervisors
- ♦ Individual contributors

♦ Prerequisites

All participants need to have completed an HBDI™ survey form.

Typical time investment

Two days

Learning outcomes

At the end of this module participants will be able to:

- ♦ define Emotional Intelligence (EI) and differentiate between its components
- ♦ understand the importance of self awareness and self management
- ♦ apply skills to enhance self awareness and self management
- ♦ understand the importance of being socially aware and managing others effectively
- ♦ apply skills to enhance awareness of others and to manage relationships effectively

Key activities

Whole Utilising Whole Brain Thinking and its applications to EI

- ♦ Apply EI to workplace activities
- ♦ Apply the leadership pipeline concept to EI
- ♦ Discover your level of emotional self-awareness and emotional awareness of others
- ♦ Examine the impact of EI in dealing with others effectively

better results through better thinking

Africa / Americas / Asia / Australia / Europe



Module topics

Introduction

- ♦ ThinkAbout Emotional Intelligence
- ♦ ThinkAbout Feeling
- ♦ What is intelligence?
- ♦ Whole Brain Model
- ♦ Multiple Intelligences
- ♦ What is emotional Intelligence?
- ♦ The 5 factor Model for Emotional Intelligence
- ♦ Maximising ROI (Return on Interaction)
- ♦ Building Emotional Intelligence

Self Awareness and self management

- ♦ How you see yourself
- ♦ How others see you
- ♦ Self Talk

Awareness of others and Managing Relationships

- ♦ Genuine Listening
- ♦ Empathetic Thinking
- ♦ What the quadrants listen for
- ♦ How the quadrants communicate
- ♦ Talking to other people
- ♦ Intelligent communication
- ♦ How to give effective feedback
- ♦ On the Job workbook



www.hbdi.co.za

The Originators of Whole Brain Technology™ and the Creators of the Herrmann Brain Dominance Instrument (HBDI)™

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