



EMOTIONAL INTELLIGENCE

WHAT CAN YOU EXPECT?

Emotional Intelligence is an applied course which gives participants an understanding of the Emotional Intelligence framework, and equips participants with the skills to conduct themselves in ways which demonstrate highly developed Emotional Intelligence skills.

By the end of this course, participants will be more self-aware, be better able to regulate their behaviour, and will be able to conduct interpersonal relations in more cordial, respectful and productive ways.

WHO SHOULD TAKE THIS COURSE?

This course is ideal for anyone who would like to improve the way in which they interact with other people, and people who would like to have better control of their emotions and actions.

This course is recommended for people who work in places where they meet and interact with lots of people, as well as people who are starting out in their careers.

WHAT IS INCLUDED?

This course uses the Goleman framework to have participants understand emotional intelligence. The course includes lessons and activities which will help participants understand and develop self-awareness, self-regulation, empathy, social skills, and motivation.

HOW SHOULD THE COURSE BE TAKEN?

This is an applied course. To derive maximum benefit from the course, participants are encouraged to complete all the activities within the course and to practice what is presented in this course.

WHERE CAN I GET MORE INFORMATION ABOUT THIS COURSE?

To speak to a course instructor about the course please contact Learning Factory by way of the details listed below.

Telephone: + 263 71 745 3072 | +263 71 808 1809

WhatsApp: + 263 77 226 9737

Email: info@learningfactoryzw.com

HOW MUCH DOES IT COST?

A one-time payment of US\$50 or the equivalent amount in Zimbabwean Dollars or other currencies is required to enrol for this course.

Upon successful completion of the course you will be issued with a digital certificate* and a digital badge which you can use to demonstrate your achievement.

*Printed certificates may be issued upon payment of production and courier fees.