



THE CPD STANDARDS OFFICE
CPD PROVIDER: 22044
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Emotional Intelligence – 1 Day Workshop

Emotional Intelligence is consistently linked to greater resilience, wellbeing and life-satisfaction, and better problem solving and leadership. The CPD Accredited “Emotional Intelligence” workshop affords you and your teams the opportunity to explore and develop this facet of your intelligence, so you can reap those same benefits.

To be human is to feel emotion, from unadulterated joy to bitter despair, uncontrollable excitement to trembling trepidation. Present in every facet of our lives, emotions can affect our performance at work, our relationships with family and friends, the decisions we make, and the emotions of others. They are powerful things, often not afforded the time they deserve. This workshop is designed to give you that time, to reflect and introspect on your own emotional experiences, and learn from these to improve your life both at work and at home.

WORKSHOP SUMMARY

This workshop teaches you to master your own emotions and tend to the emotions of others intelligently, to help you improve your wellbeing, problem-solving ability, and relationship management. It achieves this by inviting delegates to:

- ✚ Explore different models of Emotional Intelligence.
- ✚ Develop greater self-awareness and accurate articulation of emotions.
- ✚ Discover means of appropriately regulating emotions across different contexts.
- ✚ Empathise with others to build better relationships.
- ✚ Promote Emotionally Intelligent environments.

WHO SHOULD ATTEND?

The workshop has been designed for investigators and intelligence analysts in both public and private sectors, who are new to or have a rudimentary understanding of Emotional Intelligence.

WORKSHOP AGENDA

Running from 9am – 4.30pm, the workshop covers the following topics.

TOPIC	DESCRIPTION
1. What is Emotional Intelligence, and why is it important?	Explore the definitions and models of Emotional Intelligence, and its associated benefits.
2. Self-Awareness	Understand factors affecting individual levels of self-awareness, introspect on your own emotional states, and develop a wider emotional vocabulary.
3. Self-Regulation	Create a toolkit of emotion management, based on the core concepts of anticipating, handling, and controlling emotions using evidence-based techniques.
4. Empathy, relationships & emotionally intelligent environments	Understand how emotions play into our relationships with others, develop your empathy, and foster emotionally intelligent teams.

Delegates can expect to spend significant amounts of time on a range of practical exercises and will require the use of an internet-connected device on the day.

BOOKING & FURTHER INFORMATION

Workshops take place in person across a single day, with up to 12 students per workshop.

“Closed” workshops hosted by the customer are offered to teams and organisations at a cost of £1,995 for a maximum of 12 students. Closed deliveries at off-site venues can be arranged by the trainer, with the cost of venue hire charged to the customer.

“Open” workshops are available to accommodate mixes of smaller teams and individuals. The cost is £389 per student, including lunch and refreshments (excluding travel and accommodation). These workshops operate at a minimum of 6 students, and remain at a maximum of 12 students.

To reserve your space or for further information contact: nadia@newinsightanalysis.com or 07702477420.