

Developing Emotional Intelligence through Integrity (EQ)

Overview and Purpose

Understanding and developing yourself is one of the most difficult tasks you could ever set. It is more difficult than developing a skill, or understanding a problem.

Each one of us is a complex and unique being, who brings with us a myriad of experiences, perceptions and attitudes which profoundly influence how we see ourselves and others, how we act and ultimately, what we become.

In any situation, the success or failure of your endeavour is founded on your belief in the self and in your ability to form sound relationships. An honest and responsible examination of your reaction is critical to understanding and managing diverse situations. In the work environment, this is fundamental to successful business practice because without competent, self-motivated people who have integrity and a positive attitude, no business will develop to its full potential. Without constructive and transparent relationships, energy is spent in dealing with emotional issues, rather than in improving profitability.

This course is designed to address and examine the factors that influence you, and to incorporate practical, and principle-based solutions to develop a better understanding of who you are and what you need to do in order to relate to your world with more effectiveness and integrity.

Unit standard alignment

The workshop/module is not aligned to a unit standard

Workshop/module structure and contents

It is a two-day workshop/module and on completion, participants will be able to:

- Examine the impact of their past experiences on their current performance;
- Create a holistic integrity-based personal vision that will guide their future behaviour;
- Develop a sound, practical strategy to improve their behaviour;
- Apply basic self-management skills;
- Experiment with new behaviours, thoughts and feelings;
- Build trusting relationships by applying basic interpersonal skills.

Certification options

Learners will receive a Growth-Link *Certificate of Attendance* on completion of the workshop.