



# Emotional Intelligence Course

A 5 Star Rated course from the  
Training experts





# Emotional Intelligence Course

Emotional Intelligence (EI) is a critical skill in the modern workplace. It empowers you to communicate your ideas effectively, influence and persuade others, and lead with empathy and confidence. Enhance your professional relationships and drive team success with our comprehensive EI training.

## Introduction

- Gain a profound understanding of Emotional Intelligence and its transformative impact on your leadership capabilities.
- Develop crucial self-awareness and self-regulation skills to manage your emotions effectively.
- Foster empathy and social skills to improve team dynamics and management.
- Apply EI concepts to enhance your leadership and decision-making processes.
- Practice new behaviors in a supportive, hands-on environment.
- Leaders aiming to develop empathy and social skills for effective team management.
- Professionals aspiring to improve their influence and communication within the workplace.

## Flexible Learning Options:

We offer this course as a classroom-based course and as a live, interactive online course.

- **Classroom Courses:** Join us at our Manchester Science Park office, your workplace, or a hired venue.
- **Virtual Classroom Courses:** Accessible globally, offering interactive online sessions where you can see the trainer, view presentations, and engage in real-time discussions.

## Who would benefit from this course?

- Managers and supervisors seeking to enhance their self-awareness and emotional control.

## Private & One to One courses

We offer private group courses and one-to-one courses throughout the UK from £590 and Online from £550. Please email or call us with your preferred venue, number of delegates and any requests.

No More Than 6 Delegates

5 Star Rated Course

Practice Led Learning

3 Months Online Support

Lunch Provided

Detailed Course Notes

Our interactive practical courses and learner centred approach, combined with small class sizes, provides the very best learning environment

Google

5.0 ★★★★★

A great course with tangible steps to improve and encourage the candidate to evaluate themselves

Kathryn Fielding  
Web Applications UK Ltd





# Emotional Intelligence

## Course Outline

This course will empower you to master emotional intelligence, transforming your workplace interactions and enhancing your leadership effectiveness.

### Introduction to Emotional Intelligence:

Understand the foundational concepts of EI and its relevance in the workplace.

### The Five Components of Emotional Intelligence:

Explore the core components: Self-Awareness, Self-Regulation, Motivation, Empathy, and Social Skills.

### Self-Awareness:

Techniques to increase your self-awareness and recognize your emotional triggers.

### Self-Regulation:

Tools and strategies to enhance your emotional control and manage stress.

### Motivation & Leadership:

Discover motivational strategies that drive leadership success and team engagement.

### Empathy in Management:

Develop and apply empathetic skills to foster a supportive and productive work environment.

### Social Skills & Team Dynamics:

Improve your social interactions to enhance team collaboration and dynamics.

### Review

Reinforce key concepts through interactive review sessions and a final assessment.

[To book please see next page](#)

Google

5.0 ★★★★★

A very useful course with a really informative and knowledgeable trainer.

I learnt a lot of new skills in the day, and am going to be able to use them day-to-day.

Charlotte Aspden  
Hardscape

For private courses the course content can be adapted to suit your requirements.  
Please contact us to discuss your requirements.





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## Why Choose M Training's Emotional Intelligence Training Course

- Run by an experienced trainer with over 10 years' experience in running training courses
- We provide one to one and private group courses throughout the UK
- Course notes and support material
- Lunch & refreshments provided if at our offices
- Certificate of achievement

## Private and One-to-One Courses

One-to-one and private group courses are available from £590 for a one day classroom course and £550 for a private online course .

These courses are ideal if you cannot make one of the set course dates or if you want a more advanced course or different course outline/focus.

One-to-one and private group courses can be run anywhere in the UK, at our Manchester office or via Virtual Classroom online.

## How to book

**To reserve your place on our 1 Day Emotional Intelligence course, simply pick your preferred date and book on our website, send us an email or give us as call.**

**Or if you prefer, we offer private and In-House training on request.**

Email: [info@mtraining.co.uk](mailto:info@mtraining.co.uk)

Call: 0161 226 6032

Or visit: [www.mtraining.co.uk](http://www.mtraining.co.uk)

**We offer group booking discounts for two or more delegates.**

Friendly trainer who really wants to understand your personal goals for the training, and supports you to achieve these; It was great to do the role plays without time to think, as it put you in a real life situation.

**Katie Greenwood**  
Datum Group

**Book today and make Emotional Intelligence your competitive advantage. Enhance your leadership skills and empower your team.**