



MANAGE SELF, LIFE & RELATIONSHIPS

EMOTIONAL INTELLIGENCE WORKSHOP

ENGAGEMENT

When your staff have the right level of self awareness, they are able to self-manage and self-motivate. They can find the value in who they are and what they do and apply it for higher achievement and success.

POSITIVE CULTURE

The ability to cultivate positive and meaningful relationships is the foundation to teamwork. To understand self, others and differences is essential for internal customer service and successful business outcomes

GET IN TOUCH: INFO@ABLECORPORATETRAINING.COM.AU

WWW.ABLECORPORATETRAINING.COM.AU

TRAINING OUTCOMES

On completion of this 1-day workshop, you will:

- ~ Know how to define and apply self-management, self-awareness, self-regulation, self-motivation and empathy for work and life enhancement
- ~ Be connected with and aware of your core values, interests, personality and strengths and learn how to use them for success, happiness and balance
- ~ Understand why you act and react the way you do to certain circumstances and people
- ~ Have a deeper understanding and acceptance of others and differences
- ~ Have developed your capacity to understand and regulate your emotions and reactions
- ~ Know how to build stronger, more positive relationships with empathy and understanding
- ~ Have a personal plan to manage stress and increase happiness.



This workshop is part of the
HappyWork Academy®
by Able Corporate Training

Workshops can be delivered on or
off-site to suit your needs

Contact us for more information
info@ablecorporatetraining.com.au