

Emotional intelligence describes the ability to understand one's own feelings, and that of groups, and how these emotions can influence motivation and behaviour.

Emotions drive people; people drive performance. Learn about Practical Emotional Intelligence and how to improve your people skills.

# **Topics Covered**

# "Emotionally Intelligent" Leadership (Influential Behaviour & Trust)

Learn to establish trust within your team; promote teamwork, responsibility, and empowerment; and work positively with your management team.

### **Having that Difficulty Conversation** (Performance Management)

Learn to give constructive feedback, provide support, and gain commitment to improve performance.

# **Continuous Improvement** (Evolution rather than revolution)

Learn to implement your organisation's continuous improvement systems and processes; actively encourage staff to participate in the improvement process; and identify opportunities for further improvements.

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