

Emotional Intelligence

7 & 8th April 2016, Beyond Limits



Most people came to the 'Emotional Intelligence' course because they

- wanted to improve work practice and self-awareness
- to get a better knowledge and understanding around their emotional awareness
- it sounded interesting!

We asked our attendees how they would rate our course presenters on their delivery style

92% said Excellent

8% said Very Good

We asked our attendees how they would rate our course presenters on the course material they used

86% said Excellent

14% said Very Good

100% of respondents said they were 'Very Likely' or 'Likely' to recommend this course to others

A selection of open comments from attendees on what they learnt and will take away with them:

"It encouraged understanding and analysis of myself that helped me understand my behaviours; some of which is destructive to myself"

"My self-awareness to listen more and sometimes to just be present. Not always try and fix things for people"

"How to prevent my emotions from taking over"

"Non verbal cues and keeping my chimp in check"

"Hopefully effective communication. Tools to help deal with difficult conversations"

"How to empathise and relate to others"

"Brilliantly presented - not long winded. Interesting/ eye opening / informative"

"Knowledge will improve my well-being in all areas of life"

"Taking responsibility not accepting blame"

"Listen and Learn and not trying to solve the problem"

"Noticing my verbal and non verbal communication and also looking at others"

"Seeing how I can affect others"

"I am more self aware of my emotional intelligence to be able to self regulate"

"To stay focused on outcome (amicable over winning)"