

# Emotional Intelligence for Managers

Course Length: 1-Day (8:30 am – 4:00 pm)

Course Cost: \$310 + GST

## Course Description

In this course, you will assess your current emotional intelligence capabilities, determine your strengths, and identify areas for improvement. You will examine how emotions affect behavior and how those behaviors impact your relationships with others. You will also develop strategies for managing the emotional energy in yourself and others.

**Course Objective:** You will evaluate your current emotional intelligence abilities and apply strategies to improve your emotional intelligence.

**Target Student:** This course is designed for the emerging manager or mid-level manager.

## Performance-Based Objectives

Upon successful completion of this course, students will be able to:

- evaluate your emotional intelligence.
- develop strategies for effectively applying emotional intelligence in the workplace.



## Course Content

### Lesson 1: Evaluating Emotional Intelligence

Topic 1A: Assess Your Self-Understanding

Topic 1B: Determine Your Ability to Regulate Your Emotions

Topic 1C: Evaluate Your Social Recognition Skills

Topic 1D: Assess Your Social Regulation Skills

### Lesson 2: Applying Emotional Intelligence In A Business Environment

Topic 2A: Improve Your Emotional Intelligence By Understanding Your Emotions

Topic 2B: Regulate Your Emotions

Topic 2C: Improve Your Social Recognition and Regulation Skills

Topic 2D: Build An Emotionally Intelligent Team

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