

# EMOTIONAL INTELLIGENCE -SELF-MASTERY- *Non-Credit Bearing*

## Aim

Drawing on the very latest research on the brain and emotions, this course aims to assist you in mastering your own emotions, responses, resilience, outlook and behaviour. Self-mastery means having a greater awareness of yourself, utilising that awareness to improve your impulses and actions, and possessing the ability to motivate yourself towards achieving your objectives and goals. In this training, we build on the foundations of emotional intelligence to develop your mind-set to gain greater control and ownership of your productivity and attitude.

## Objectives

- Discover how your brain works and how to train it to work for you.
- Get to know yourself: your reactions to challenges and stress.
- Bounce back from adversity: discuss methods to increase your personal resilience.
- Perception and attitude: explore your mindset and the advantages of developing a positive outlook.
- Discuss your motivation triggers and how motivation works in the mind.
- Fear of failure: explore why this blocks creativity and effort.
- Your mindset towards effort and persistence: discover the key to success.

## Outcomes

- Greater understanding of your reactions to stress and fear
- Increased awareness of how to control and manage yourself in difficult circumstances.
- Stronger resilience to handle set-backs and disappointment
- Improved approach and attitude to your immediate environment
- Increased awareness of your contribution to your organisation's goals
- Utilise tools to develop a positive outlook to enhance your professional experience and improve productivity.
- A more open approach to change, development and growth
- Improved ability to motivate yourself and sustain motivation.

*One-day course 08:30 -16:00*

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