

# EMOTIONAL INTELLIGENCE

## SELF-MASTERY

Non-Credit Bearing

***“Building resilience and emotional strength for success”***

Self-mastery is the foundation of personal and professional success. It's about understanding your emotions, managing your responses, and harnessing your inner drive to stay focused and resilient - even in the face of challenges.

With the latest research on the brain and emotional intelligence, this course provides practical tools to help you develop greater self-awareness, regulate your emotions effectively, and build a mindset that fosters motivation, resilience, and a positive outlook. Whether you want to strengthen your ability to handle stress, improve your decision-making, or enhance your overall emotional intelligence, this training will empower you with the skills to take control of your personal and professional growth.

### **WHO SHOULD ATTEND**

- Professionals looking to improve emotional regulation and self-awareness
- Leaders and managers who want to strengthen their resilience and mindset
- Individuals seeking greater motivation and control over their responses to challenges
- Anyone interested in personal growth and emotional intelligence development

### **HOW YOU WILL BENEFIT**

- Gain a deeper understanding of how your brain processes emotions
- Improve your ability to manage stress, setbacks, and challenges
- Strengthen your resilience and ability to bounce back from adversity
- Develop a mindset that fosters motivation and sustained effort
- Increase your self-awareness and ability to regulate emotional responses
- Learn how to maintain a positive outlook in difficult situations

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

*Tel: (031) 267 1229*

*[sales@kznbtcc.co.za](mailto:sales@kznbtcc.co.za) / [www.kznbusinessstraining.co.za](http://www.kznbusinessstraining.co.za)*

## **WHAT WILL BE COVERED**

### **The Science of Self-Mastery: Understanding your mind and emotions**

- The study of human behaviour, emotions and intelligence
- How the brain processes emotions and how to train it to work for you
- Managing impulses and reactions in stressful situations

### **Rewiring Your Mindset: Developing emotional awareness**

- The power of practice in reshaping emotional responses
- Expanding self-awareness and recognising emotional triggers
- How mindset influences perception, resilience and behaviour

### **Bouncing Back: Strengthening personal resilience**

- Techniques to improve emotional resilience and adaptability
- Understanding how resilience impacts personal and professional success
- Practical strategies for overcoming adversity and bouncing back stronger

### **The Positivity Effect: Cultivating an optimistic outlook**

- The role of mindset in shaping perception and productivity
- How to shift perspective and reframe challenges as opportunities
- Daily habits that reinforce optimism and emotional well-being

### **Unlocking Motivation: The science behind drive and persistence**

- Understanding motivation and its connection to reward systems in the brain
- Identifying personal motivation triggers and overcoming barriers to persistence
- The link between determination, effort, and long-term success

### **The Self-Mastery Toolkit: Practical strategies for growth**

- Mindfulness and meditation techniques for emotional regulation
- Evaluating strengths and weaknesses for continued self-mastery and growth

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