



**REDROCK**

International

*Believing in People*



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# EMOTIONAL INTELLIGENCE

**“Emotions can get in the way, or get you on the way.” - Mavis Mazhura**

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This course enables participants to understand themselves and others in order to build stronger relationships, succeed at work, and achieve your career and personal goals.

## **Overview**

Whether we notice it or not, relationships play a great role in our journey towards success. This course equips the participants with the knowledge and skills to master these relationships through 5 essential skills: Self-awareness, self-regulation, self-motivation, empathy and social skills.

CAIRO • DUBAI • LONDON • DOHA • SEOUL

## HOW THIS COURSE WORKS

This course will equip you with skills and benchmarks on how understand yourself, develop and control it. As well as, understand and relate to other people around you even if you might disagree with them.

## WHAT YOU WILL LEARN

- To be aware of one's self and possible biases
- Be able to develop self-control
- Motivate oneself
- Recognize how people might feel and react accordingly

## WHAT YOU WILL RECEIVE

IN THIS COURSE YOU WILL RECEIVE THE FOLLOWING:

- Course Workbook
- Feedback & Action Plan
- RedRock International Certificate of attendance

## COURSE MODEL



### The Experience:

Self Awareness  
Self-Regulation  
Self-motivation  
Managing Relationships



### Duration

Two days

See our website for more details

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