



Emotional Intelligence Workshop



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Meirc
Training & Consulting

Why Attend

The overall aim of this course is to provide participants with the competencies required to improve their Emotional Intelligence (EI). Participants on this interactive course will explore the importance of EI as well as its positive impact at the professional and social levels with an aim to increase the effectiveness of their relationships at work and in life. Participants will also learn how to utilize EI skills around the Mayer, Salovey, Caruso Emotional Intelligence Test (MSCEIT) model by helping them devise a Personal Development Plan (PDP) to improve in all the required EI competencies.

Course Methodology

This course relies on the use of psychometrics to help participants identify their emotional intelligence abilities. The course also features the use of interactive exercises and activities in order to allow participants to develop strategies that will help them improve their competencies in emotional intelligence.

Course Objectives

By the end of the course, participants will be able to:

- Discover the impact of emotions on human behavior
- Use the six principles of emotional intelligence in order to enhance relationships with others
- Interpret EI scores and their implications in order to improve interactions with other people
- Describe their EI strengths and weaknesses using the MSCEIT model
- Devise a PDP aimed at developing and improving emotional intelligence
- Apply EI skills in order to maximize personal influence at the professional and social levels

Target Audience

Managers, business professionals and individuals who have decided to learn and develop their emotional intelligence competencies to enhance as well as manage their relationships at work and in life.

Target Competencies

- Emotional self assessment
- Managing emotions
- Emotional expression
- Emotional understanding
- Relationship building
- Tact, transparency and emotional control
- Impact, influence and resilience

Course Outline

- Emotions and reasoning at work: the six principles
 - Rule of reason or rule of emotion
 - Principle one: emotions are data
 - Principle two: emotions should not be ignored
 - Principle three: emotions should not be hidden
 - Principle four: decisions and emotions
 - Principle five: emotions follow logical patterns
 - Principle six: emotional universals and specifics
 - Case studies and applications
- Emotional Intelligence: the ability model
 - The full cycle of the ability model and its implications
 - The Mayer Salovey Caruso Emotional Intelligence Test (MSCEIT)
 - Perceiving emotions
 - Using emotions
 - Understanding emotions



- Managing emotions
 - Determining your EI score
 - Understanding and interpreting your EI score results
 - Providing feedback on EI score results
 - Implications of EI results at the professional and personal levels
 - Tips and recommendations
- Understanding your emotional skills
 - Reading people: identifying emotions
 - The mood meter and its implications in understanding EI
 - Plutchik's wheel of emotions
 - Getting in the mood: using emotions
 - Predicting the emotional future: understanding emotions
 - Doing it with feeling: managing emotions
 - Measuring emotional skills
- Developing your emotional skills
 - Reading people correctly: improving your ability to identify emotions
 - Getting in the right mood: improving your ability to use emotions
 - Emotional storytelling
 - Predicting the emotional future accurately: improving your ability to understand emotions
 - Doing it with smart feelings: improving your ability to manage emotions
 - Managing anger at work
 - Managing anger in life
- Applying your emotional skills
 - Managing yourself: applying your emotional intelligence skills
 - Managing others: applying emotional intelligence skills with others
 - Emotional role play
 - Building the emotionally intelligent person
 - Working around the emotional blueprint
 - Building the emotionally intelligent person with the emotional blueprint
 - Real life examples and case studies



Location & Date

7 - 11 Jul, 2019	Arabic	Dubai	Media Rotana
15 - 19 Sep, 2019	English	Dubai	Kempinski / Mall of the Emirates
8 - 12 Dec, 2019	Arabic	Dubai	Kempinski / Mall of the Emirates

Fees: US\$ (including coffee breaks and a buffet lunch daily)

Per participant - 2019 US\$ 4800

Fees + VAT as applicable

UAE Tax Registration Number 100239834300003



Courses in Interpersonal Skills and Self Development

Dates	Course Name	Language	Location	Fees
7 - 11 Jul, 2019	ILM Endorsed Win-Win Negotiation Skills	English	Dubai	US\$ 5100
7 - 11 Jul, 2019	Managing Multiple Tasks, Priorities and Deadlines	English	Dubai	US\$ 4800
14 - 18 Jul, 2019	High Performance Teams	Arabic	Dubai	US\$ 4800
29 Jul - 2 Aug, 2019	Best Practices in Conflict Resolution and Adaptability	Arabic	Vienna	US\$ 4800
4 - 8 Aug, 2019	Creative Problem Solving and Decision Making	English	Kuala Lumpur	US\$ 4800
18 - 22 Aug, 2019	Managing Conflict: Power through Influence	English	Dubai	US\$ 4800
18 - 22 Aug, 2019	Time Management and Stress Control	Arabic	Dubai	US\$ 4800
25 - 29 Aug, 2019	Developing an Accountability Mindset	English	Dubai	US\$ 4800
26 - 30 Aug, 2019	Best Practices in Conflict Resolution and Adaptability	Arabic	Vienna	US\$ 4800
1 - 5 Sep, 2019	Managing Multiple Tasks, Priorities and Deadlines	Arabic	Riyadh	US\$ 4800
8 - 12 Sep, 2019	The Power of Positive Attitude	English	Dubai	US\$ 4800
18 - 20 Sep, 2019	Managing Multiple Tasks, Priorities and Deadlines Bootcamp	English	Beirut	US\$ 3600
22 - 26 Sep, 2019	Happiness: Sustaining a Motivating Work Culture	English	Dubai	US\$ 4800
22 - 26 Sep, 2019	Learning through adaptability	English	Dubai	US\$ 4800
24 - 26 Sep, 2019	Creative Thinking and Innovation Techniques Bootcamp	English	Beirut	US\$ 3600
29 Sep - 3 Oct, 2019	Creative Thinking and Innovation Techniques	English	Dubai	US\$ 4800
13 - 17 Oct, 2019	Achieving Performance Excellence Using Emotional Intelligence	English	Dubai	US\$ 4800
13 - 17 Oct, 2019	Creative Problem Solving and Decision Making	Arabic	Dubai	US\$ 4800
20 - 24 Oct, 2019	Time Management and Stress Control	Arabic	Abu Dhabi	US\$ 4800
27 - 31 Oct, 2019	Certified Master Negotiator	English	Dubai	US\$ 5100
27 - 31 Oct, 2019	Communication and Relationship Management Skills	English	Dubai	US\$ 4800
27 - 31 Oct, 2019	Managing Multiple Tasks, Priorities and Deadlines	English	Dubai	US\$ 4800
10 - 14 Nov, 2019	Creative Problem Solving and Decision Making	English	Dubai	US\$ 4800
10 - 14 Nov, 2019	Five Productivity Traits for Optimal Results	English	Dubai	US\$ 4800



Courses in Interpersonal Skills and Self Development

Dates	Course Name	Language	Location	Fees
10 - 14 Nov, 2019	Managing Conflict: Power through Influence	Arabic	Dubai	US\$ 4800
17 - 21 Nov, 2019	ILM Endorsed Win-Win Negotiation Skills	Arabic	Dubai	US\$ 5100
24 - 28 Nov, 2019	Happiness: Sustaining a Motivating Work Culture	Arabic	Dubai	US\$ 4800
24 - 28 Nov, 2019	High Performance Teams	English	Dubai	US\$ 4800
8 - 12 Dec, 2019	Creative Thinking and Innovation Techniques	English	Dubai	US\$ 4800
8 - 12 Dec, 2019	Social Skills in the Workplace	English	Dubai	US\$ 4800
15 - 19 Dec, 2019	Managing Multiple Tasks, Priorities and Deadlines	Arabic	Dubai	US\$ 4800
22 - 26 Dec, 2019	Creative Problem Solving and Decision Making	Arabic	Dubai	US\$ 4800
22 - 26 Dec, 2019	Time Management and Stress Control	Arabic	Dubai	US\$ 4800
29 Dec - 2 Jan, 2020	Five Productivity Traits for Optimal Results	English	Dubai	US\$ 4800



Meirc Timeline

