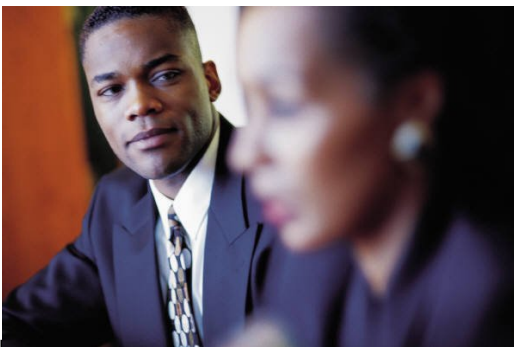


EMOTIONAL INTELLIGENCE IN THE WORKPLACE

*Through the development of our Emotional Intelligence (EI), we are able to be more productive and successful at what we do. EI is a form of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action.
(NQF Level 5. 4 Credits)*



ELEMENTS OF EMOTIONAL INTELLIGENCE

- **Sense of self-esteem;**
- **Self-awareness;**
- **Ultimate Intelligence**
- **Interpersonal Intelligence**

TARGET AUDIENCE

Managers in all economic sectors, e.g. HoD's, Sections Heads or Divisional Heads, who have more than one team member reporting to them.

The course includes the following topics:

- Demonstrating knowledge and understanding of the principles and concepts of emotional intelligence in respect of life and work relations;
- Analysing the role of emotional intelligence in interpersonal and intrapersonal relationships in life and work situations;
- Analysing the impact of emotional intelligence on life and work interaction;
- Evaluating own level of emotional intelligence in order to determine development areas.

Each course is priced on a per delegate per day basis.

Course fees include:

- Facilitation
- Comprehensive Manuals
- Workbook
- Intensive classroom exercises

LITHA-LETHU'S OFFERING

- **3-day course**, which may be conducted in-house;
- Fees: R4, 500.00 per person [VAT Exclusive]
- For reservations/bookings, contact: **Palesa Ponoane** on: email: pponoane@litha-lethu.com, or tel. (011) 447 4280

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