



# Applied Emotional Intelligence

Career enhancing at work. Life changing outside of it.



Applied Emotional Intelligence (“EI”) is a virtual instructor-led learning program that helps boost essential emotional intelligence competencies for 2021 and beyond. The program has been designed to help you enhance how well you demonstrate emotionally intelligent behaviour and, in doing so, improve how you Connect, Communicate and Collaborate with others.

- Six X 90-minute virtual instructor-led learning modules.
- Professionally facilitated modules that include breakout room activities, group discussion, polls and chat.
- A digital workbook to support note-taking, capturing insights and development planning.
- **Optional:** Genos Emotionally Intelligent Leadership Assessments can be provided during the program and are used to turn feedback into actionable development steps. Available digitally or can be provided via a one-on-one coaching debrief.



## Module 1

### Self-Awareness

#### Module 1: Self-Awareness

- Explore the social neuroscience of emotions
- Determine the link between emotions, decision making, behaviour and performance
- Enhance awareness of the way you feel. Identify your triggers of emotions and how best to respond to them
- Identify how to get the most out of your Emotional Intelligence feedback to better understand your impact on others



## Module 2

### Awareness of Others

#### Module 2: Awareness of Others

- Enhance your understanding, awareness and empathy for others
- Better anticipate the reactions and responses of others
- Identify how to flex the way you interact with others to have the impact you want



## Module 3

### Authenticity

#### Module 3: Authenticity

- Improve how you express your thoughts, feelings and opinions
- Enhance your capacity to facilitate challenging conversations
- Identify how you couple improve authenticity and trust in your relationships



Module 4

Emotional Reasoning

**Module 4: Emotional Reasoning**

- Explore what emotional reasoning is and why it's important
- Determine how to surface emotional information when reasoning
- Draw on purpose and values to help guide your reasoning and decision-making
- Explore tools and techniques for generating new knowledge and ways of approaching novel problems



Module 5

Self-Management

**Module 5: Self-Management**

- Identify unhealthy habits that impact on your resilience and well-being
- Explore different Thinking, Physical, Relationship and Environmental well-being and mental fitness strategies
- Establish new ways of improving your well-being and mental fitness.
- Improve the way you manage stress, bounce-back and generally feel day-to-day



Module 6

Positive Influence

**Module 6: Positive Influence**

- Explore practical tools and techniques for helping others through challenging situations
- Identify ways in which you can be a more positive influence on those you come into contact with day-to-day
- Determine different things you can do to improve your close relationships
- Enhancing in this area will also improve your own general mood and well-being

These skills can also be applied in everyday life too, enabling people to discover how to become better parents, partners, siblings and friends.

That's why Genos International call it "career enhancing at work. Life changing outside of it."

## Developing the skills of emotional intelligence can be career enhancing, why?

1. Emotional intelligence is viewed as the most critical and sought-after skill by leaders, more than other soft skills like communication and much more than functional skills.
2. Emotional intelligence on the World Economic Forum's list of the Top 10 job skills for 2025 and beyond.
3. As automation and machine led learning start to perform more and more of the thinking aspects of jobs, it is skills like emotional intelligence that will become more central to the work we all do. Demand for emotional intelligence will increase six-fold over the next three years.



## Developing the skills of emotional intelligence can be life changing, why?

1. The skills of emotional intelligence underlie the quality of our relationships and how we relate to others. When we enhance emotional intelligence skills, we enhance how we connect, communicate and influence those we interact with outside of the workplace. We can become better partners, parents, siblings and friends, for example.
2. The skills of emotional intelligence underlie how well we manage stress and the quality of our resilience. When we enhance emotional intelligence skills, we can manage stress more effectively and bounce-back better and quicker from stressful events.
3. The skills of emotional intelligence underlie the quality of our relationships and the quality of our relationships underlies our physical health and well-being. Did you know that being lonely is the equivalent of smoking 15 cigarettes a day (in terms of it's detrimental effect on our health)? Good quality relationships are far more important to our physical health than many other things like exercise, sleep and the quality of our diet.



PINPOINTING  
*potential*

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• HELPING BUSINESSES *THRIVE* BY INSPIRING & DEVELOPING TALENT •

Ciara Aspinall, Pinpointing Potential  
Email: [Ciara@pinpointingpotential.com](mailto:Ciara@pinpointingpotential.com)  
Tel: 07917 412557

