INFOSOFT IT SOLUTIONS

Training | Projects | Placements

Revathi Apartments, Ameerpet, 1st Floor, Opposite Annapurna Block, Info

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EMOTIONAL INTELLIGENCE

Introduction to Emotional Intelligence (EI)

- Definition and Importance of Emotional Intelligence
- Theories and Models of Emotional Intelligence

Self-Awareness

- Understanding Emotions and Recognizing Triggers
- Assessing Personal Strengths and Weaknesses
- Techniques for Self-Reflection and Self-Assessment

Self-Management

- Emotional Regulation and Control Techniques
- Stress Management and Resilience Building
- Time Management and Goal Setting

Social Awareness (Empathy)

- Understanding Others' Emotions and Perspectives
- Developing Empathy and Compassion
- Cultural and Contextual Awareness

Relationship Management

- Communication Skills and Conflict Resolution
- Building and Maintaining Relationships
- Collaboration and Teamwork

Emotional Intelligence in Leadership

- Leadership Styles and Emotional Intelligence
- Inspiring and Motivating Others
- Handling Difficult Conversations and Feedback

Application of Emotional Intelligence

- Applying EI in Workplace Scenarios
- EI in Decision Making and Problem Solving
- Ethical Considerations and EI

Developing Emotional Intelligence

- Strategies for Continuous Improvement
- Personal Development Plans
- Feedback and Coaching for EI Enhancement
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Emotional Intelligence in Personal Life

- Balancing Work and Personal Life
- EI in Family and Social Relationships
- Well-being and Happiness