

## **Emotional intelligence: why it matters**

### **Description and objectives**

How we feel influences our perceptions, decisions, and actions. Accurately perceiving how you and others feel, using these feelings to assist with the task at hand, understanding how these feelings arose and how they will change, and then managing to stay open to these feelings makes us efficient in our interaction with others.

Emotional Intelligence Theory describes four emotional key abilities:

- Perceive Emotions
- Empathize
- Understand Emotions' causes and changes
- Manage Emotions by including the data of emotions in decisions & actions

In this workshop you will learn to explore how these skills matter in interacting with each other and how you can effectively use them at the workplace. At the end of this workshop, you will be able to give a definition of the emotional key abilities and identify how you would like to leverage your strengths and which skills you would like to further develop.

### **Approach**

In this experiential workshop you will be introduced to the key concepts and then explore experientially how each of the key abilities could be applied and translated into concrete situations at the workplace.

Based on your understanding and learning from the group conversations you will be encouraged to define personal strategies on how to leverage and/or develop your emotional skills.

### **Trainer**

Silke Mischke, cognitive psychologist and executive coach