



PROFESSIONAL DEVELOPMENT SERIES

FUNDAMENTALS OF EMOTIONAL INTELLIGENCE

Some claim that emotional intelligence (EI) is a key factor in both personal and professional success and that it is actually more important than IQ.

In terms of working with others, there can be no doubt that the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships empathetically are fundamental to our effectiveness at work and in life more broadly.

Fortunately, it is possible to develop the skills associated with emotional intelligence and this session aims to provide a grounding in this topic and some practical tools and strategies for developing it.

Specifically, this session will cover:

- Defining and conceptualising Emotional Intelligence
- Rationale for developing EI - why work on it?
- Exploration of the concept and how it might be of value
- Model of emotional intelligence and its application

SESSION DETAILS:

Date: Thursday 1 November 2018

Time: 8.45am arrival for 9am start. Session concludes at 10.45am

Venue: DFP Brisbane Boardroom | 247 Adelaide St, Brisbane

RSVP - Tom Hatch by 26 October 2018 | thatch@dfp.com.au

Light refreshments provided