



## 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:** Wednesday 28 November 2018

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

**Venue:** DFP Melbourne Boardroom | Level 16/31 Queen St, Melbourne

**RSVP - Tom Hatch by 20 November 2018 | [thatch@dfp.com.au](mailto:thatch@dfp.com.au)**

**Light refreshments provided**