

## **Emotional Intelligence** <sup>[1]</sup>

The purpose of the Emotional Intelligence Course is to provide participants with a skill to improve both personal and interpersonal functioning by exploring and applying the components of Emotional Intelligence.

**Program Level:** Basic

**Prerequisites:** None

**Advanced Preparation:** N/A

**Instructional Method:** Group-Live

**Instructor:** [Lauren Harris](#) <sup>[2]</sup>

**Recommended CPE Credit:** 3 Hours

**Field of Study:** Personnel/Human Resources

### **Course Objectives:**

At the end of the course, participants will be able to:

- Assess their current levels of Emotional Intelligence;
- Describe the business reasons for Emotional Intelligence;
- Define Emotional Intelligence and its main four components;
- Discuss and develop a plan to improve their personal Emotional Intelligence; and,
- Apply knowledge of Emotional Intelligence to solve case studies.

### **Course Materials:**

Hand-outs will be provided during the session.

### **Program Policies** <sup>[3]</sup>

#### NASBA Statement

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**Links**

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