

Emotional Intelligence Professional Certifications (EQ)

CPD Programme (Short Course)

What is CPD?

Continuing professional development (CPD) is the intentional maintenance and development of the knowledge and skills needed to perform in a professional context. This could mean honing current skills, it could mean developing them to a new level, or it could mean learning new ones that will allow an employee's job role to expand or prepare them for potential promotion.

CPD activities can range from formal educational activities such as instructor-led training courses, workshops or seminars, to more informal approaches such as work-based learning or mentoring. CPD can also include self-directed study such as e-learning courses and structured reading.

CPD can be provided by specialist companies (e.g. commercial training providers, independent coaches), or provided internally, in particular by larger organisations.



Interested in this course?

We are more than happy to share.
Email us or give us a call.

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Course Objectives

This gets right to the heart of Emotional Intelligence, examines, and explains its importance and provides powerful tools and strategies for improving Emotional Intelligence in yourself and others. This course will be guided through the five-stage emotional intelligence framework along with activities, exercises and worksheets that will help you to understand where you are now and how to improve. All of this is also easily transferable to help you work with others with the aim of improving their lives.

Learning Outcome

Take a fully comprehensive journey into the world of Emotional Intelligence and you will find a framework that is extremely adept at helping to not only improve your life and the lives of your clients (if you are within the Helping Industry or want to be), but you will also find that improving levels of Emotional Intelligence helps with conditions such as anxiety, depression, overwhelm, fear, stress, anger and frustration.

Program Details

Type of Training

Online / Coaching / Visual

Skill Focus Area

Soft Skills Training

Duration

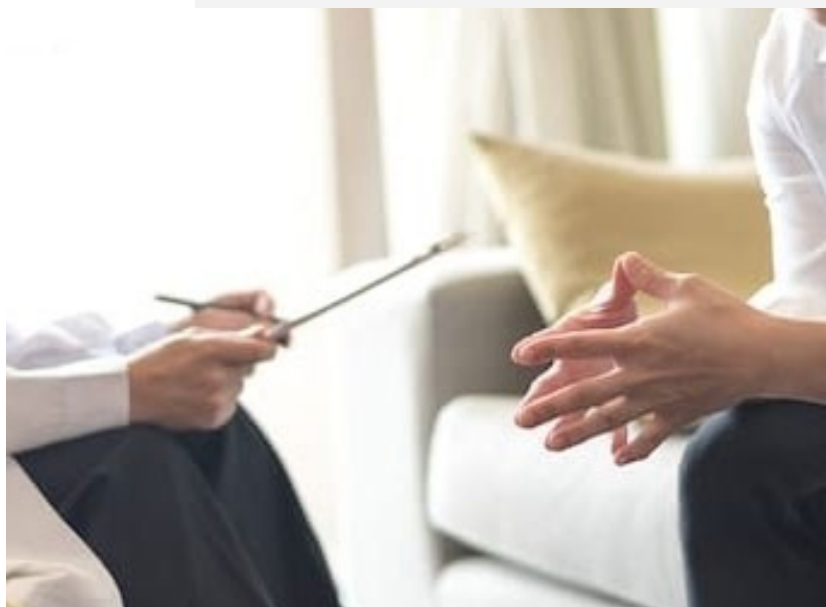
10 days / 40 hours

Methodology

Lecture & Case Study

Approximate number of participants

25 - 50 participants



Module Listings

Chapter 1

Course Introduction

Chapter 2

Discovering EQ

Chapter 3

Self Awareness

Chapter 4

Self-Management

Chapter 5

Motivation

Chapter 6

Empathy

Chapter 7

Relationship

Chapter 8

Manifestation

Chapter 9

Resilience

Chapter 10

Recommended Reading and Final Thoughts