

Emotional Intelligence in the Workplace

CEGOS SWISS. ONE ESSENTIAL AT A TIME.



What's in it for you?

Research has shown that individuals with high emotional intelligence are better equipped to navigate diverse workplace challenges, build strong relationships, and drive organizational success.

Emotional intelligence is a critical skill set in today's fast-paced and dynamic workplace, enabling individuals to navigate complex interpersonal relationships with agility and effectiveness. By developing proficiency in recognizing and adopting agile emotional quotient mindsets, professionals can enhance their interpersonal effectiveness, leadership capabilities, and overall job performance.

Our Emotional Intelligence in the Workplace learning journey provides your people with the knowledge and tools to enhance their EI, fostering stronger connections, improved communication, and enhanced teamwork. By understanding and leveraging eight Agile EQ mindsets, individuals can adapt their interactions to meet the needs of diverse situations, leading to greater collaboration, innovation, and overall workplace success.

Who should attend?

Everyone in the organization.

Good to know:

There are
eight Agile EQ mindsets

you can call on to guide your interactions. No one mindset is more valuable than the next; rather, the needs of a particular situation will dictate which is appropriate.

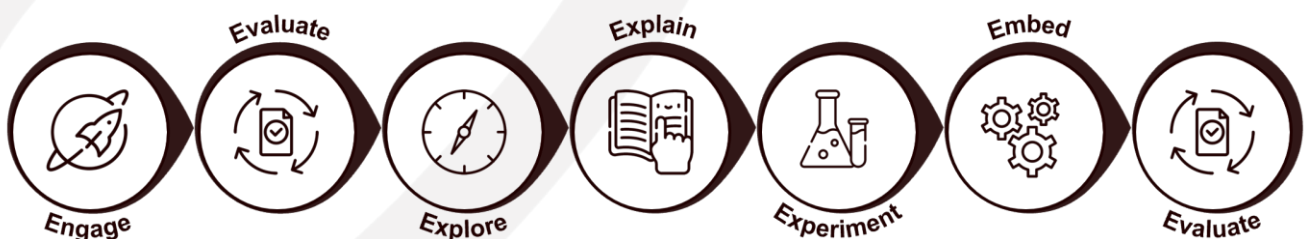
Learning when and

how to adopt each mindset

will let you take an agile approach to your interactions.

Cegos Learning Framework

We apply our holistic and dynamic Learning Framework to build learning journeys that deliver more than just awareness of competencies and skills.



Every journey engages the learners beyond knowledge, learning step by step, to explore, experiment and embed their learning, transforming skills into performance.

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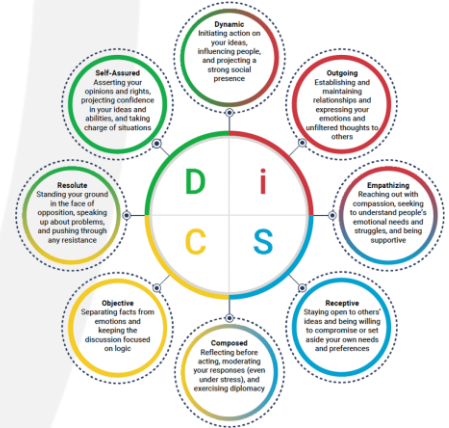


By completing this learning journey, they will:

- Gain a comprehensive understanding of emotional intelligence and its relevance in professional settings, particularly in fostering positive relationships and driving organizational success.
- Develop proficiency in recognizing and adopting the eight Agile EQ mindsets, enabling them to respond effectively to a wide range of interpersonal situations and challenges.
- Learn to identify their default mindsets and recognize how they influence their responses and interactions in various contexts.
- Explore the empathizing, outgoing, and receptive mindsets as components of their comfort zone, understanding their impact on their behavior and communication style.
- Acquire strategies to expand their repertoire of mindsets, allowing them to step out of their comfort zone and adapt their approach to meet the needs of different individuals and situations.
- Understand the emotional and social needs that drive them toward specific mindsets, as well as the benefits and potential limitations associated with each mindset.

#MAKINGADIFFERENCE

A proven model:



Digital learning:

- [Impact of emotions in the workplace](#)
- [Controlling your emotions](#)

Delivery modes:



Blended learning accessible in our [LearningHub](#).



Can be delivered **in-person and/or virtually** as most appropriate to you and your learners.

Duration: 14h total learning



6 hours of instructor-led learning.



8 hours of self-directed and on-the-job learning.

REF: EIW

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“Mindsets shape responses and interactions.”

#TIL