



Emotional Intelligence- Overview

How long is this course?

The course should take you approximately 6+ hours to read through all sections, watch each of the video clips, as well as complete the quizzes. It will depend on your rate of learning and may be longer or shorter.

Outcomes

At the completion of this program, participants will be able to:

1. Identify the impact of our own emotions
2. Recognise and appreciate the emotional intelligence of others
3. Promote the emotional intelligence in others
4. Use emotional intelligence in the work setting