Applied Emotional Intelligence

Career-enhancing at work. Life-changing outside of it.

Applied EI is an instructor-led learning program that helps boost essential emotional intelligence competencies. The program has been designed to help participants enhance how well they demonstrate emotionally intelligent behavior and, in doing so, improve how they Connect, Communicate and Collaborate with others.

The program revolves around the six core competencies of emotional intelligence as shown below



These skills can also be applied in everyday life also, enabling people to discover how to become better parents, partners, siblings and friends. That's why Genos International calls it ”Career-enhancing at work. Life-changing outside of it.”

Through practical tools and techniques, participants will:

- Enhance their understanding of the science of emotions and explore the powerful impact emotions can have on decisions, behavior and performance.
- Evolve their understanding of themselves and others so that they can better connect, communicate and influence.
- Improve their resilience and well-being so they can remain centered under pressure and project greater presence and confidence.
- Enhance their skill at positively influencing the way others feel.

Developing the skills of emotional intelligence can be career enhancing, why?

1. Emotional intelligence is viewed as the most critical and sought after skills, more than other soft skills like communication and much more than functional skills.
2. Emotional intelligence has been on the World Economic Forum's list of the Top 10 job skills since 2016.
3. As automation and machine-led learning start to perform more and more of the thinking aspects of jobs, it's skills like emotional intelligence that will become more central to the work we all do. Demand for emotional intelligence will continue to increase in today and tomorrow's workplaces.

Developing the skills of emotional intelligence can be life changing, why?

1. The skills of emotional intelligence underlie the quality of our relationships and how we relate to others. When we enhance emotional intelligence skills we enhance how we connect, communicate and influence those we interact with outside of the workplace. We can become better partners, parents, siblings and friends for example.
2. The skills of emotional intelligence underlie how well we manage stress and the quality of our resilience. When we enhance emotional intelligence skills we can manage stress more effectively and bounce back better and quicker from stressful events.
3. The skills of emotional intelligence underlie the quality of our relationships and the quality of our relationships underlies our physical health and well-being. Good quality relationships are far more important to our physical health than many other things like exercise, sleep and the quality of our diet.

genos® INTERNATIONAL

Genos International has been repeatedly recognized by Training Industry as one of the Top 20 global Assessment and Evaluation companies.

What's included:

1. Benchmark: Privately and confidentially benchmark how well participants demonstrate emotionally intelligent behaviors in comparison with others using the Genos emotional intelligence assessment. This assessment gives participants a gauge on their emotional intelligence in comparison to the world-renowned Genos global benchmark.

2. Personalize: Participants complete a professional digital debrief of their assessment results to help them personalize what they need from the content. An experienced Genos Certified Practitioner will assist them with their results where needed and help them develop a relevant action plan.

3. Participate: This program is Instructor-led Learning and is comprised of inspirational content, practical tools, techniques and activities.

4. Embed: Post program, participants will have the opportunity to apply the tools and techniques at work and outside of it to help improve how they connect, communicate and influence others.

