



# Emotional Intelligence

## Overview

The MBTI tool allows people to understand themselves and the importance of how differences at work enable a stronger more versatile team in identifying different perspectives. The activity-based session allows people to develop a deeper understanding of their own preferred style and their impact on others in the workplace. People will gain an insight into how they may need to adjust their “natural” style to get good results. It will help people working alongside others to answer the question “what’s it like to work with me?” whilst helping them to understand the importance of Emotional Intelligence when at work.

## Course Content

- Understand the MBTI model and the ideas that underpin it;
- Undertake a range of self-assessment activities to make a detailed assessment of their own MBTI type and develop a deeper understanding of their own style and their impact in the workplace and on colleagues.
- Use the insights from MBTI as a basis to review current challenges faced by the team. Key elements to be covered with linking in the Emotional Intelligence: –
- Using Myers Briggs, we will focus on the ability to understand, use, and manage our own emotions in positive ways to relieve stress, communicate effectively, empathise with others, overcome challenges, and defuse conflict.
- We will focus on the theories created by Daniel Goleman and look at using these approaches whilst at work and with colleagues you work with.