

Academy of Certified Human Resource Professionals Ltd.

Regus Suites, 17th Floor, JKUAT Towers, Kenyatta Avenue,

P. O. Box 18582 - 00100, Nairobi, Kenya.

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NITA: NITA/TRN/1234

Emotional Intelligence at the Workplace Training

Date	Time	Duration	Venue	CPD	Cost (Excl. VAT)PP
16th Nov, 2024	08:30 AM-11:30 AM	3 Hour(s)	Webinar, Zoom	1	1,500.00

Course Overview

IHRM: C00259

This webinar is designed to help you understand and improve your emotional intelligence (EI) at work. You will learn how to use the five realms of EI: the intrapersonal realm, the interpersonal realm, the adaptability realm, the stress management realm, and the general mood realm, to enhance your self-awareness, self-regulation, social awareness, and social skills.

Course Objectives

By the end of this program, participants will be able to;

- Define EI and its importance and benefits for work performance and well-being
- Identify the five realms of EI and their components and indicators
- Assess your EI using various tools and methods, such as self-assessment, feedback, and reflection
- Apply various strategies and techniques to improve your EI in the five realms, such as self-talk, empathy, problem-solving, relaxation, and gratitude
- Use your EI to communicate effectively, build relationships, manage conflicts, cope with stress, and foster positive emotions at work

Target Groups

This training is suitable to a wide range of professionals but will greatly benefit;

- HR Professionals
- People Managers
- HR Executives

Video Link(s)

Module Title	Video Link
Emotional Intelligence at the Workplace	https://www.youtube.com/watch?v=fQyH7b_M6tA

Den Mathitu

CHRP. Den PN Gathitu Secretary General

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PAYMENT DETAILS										
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Bank Name: Equity Bank Account Name: Academy of Certified Human Resource Professionals Ltd Account Number: 1 2 9 0 2 7 1 2 4 5 7 5 3										
NOMI	INEE DETAILS									
We wish to Nominate our employee(s) listed below to attend the above training:										
#	NAME			EMAIL ADDR	TELEPHONE					
NOMI	NATION AUTHORIZATIO	N & FUNDING	CON	FIRMATION						
I, the ı	undersigned, authorize this r	omination and c	confir	m that funds ar	e avail	able for tl	nis training.			
Name of Authorizer:										
Position:										
Mobile Phone No.: Email Address:										
Organization KRA PIN: Signature:										
Date:										
Email this document to <u>admin@achrp.org</u>										
NB: No credit facilities. Full payment is required before participation.										