

## Emotional Intelligence for Teachers

*Would you like to improve your Emotional Intelligence and performance?*

The benefits of Emotional Intelligence (also called EQ) apply to every aspect of life and are especially relevant to teachers. Increasingly, Emotional Intelligence is being recognised as the critical factor in success and life satisfaction. It complements Cognitive Intelligence (IQ) and helps us to better manage ourselves and relate to others.

This practical and informative workshop is designed to give teachers a greater understanding of what is meant by Emotional Intelligence and why it is beneficial to develop Emotional Intelligence. Teachers will be given the opportunity to reflect on their existing levels of performance and practical ideas about how to build on existing levels of Emotional Intelligence.

Increasing teachers' awareness of Emotional Intelligence and specifically their own level of Emotional Intelligence will enhance their ability to recognise their own and students' strengths and areas for development.

### **This workshop covers:**

- defining and describing what EQ is
- identifying the benefits of EQ
- understanding the competencies that comprise EQ
- self assessing your own EQ strengths and weaknesses
- developing ideas to improve your EQ
- creating a personal EQ development plan

Prices vary depending on the number of participants, travel required and duration of the workshop.

**Please call Inspirational Coaching to discuss your school's specific needs and create a learning experience they won't forget.**