



ONLINE  
COURSE

# EMOTIONAL INTELLIGENCE

BROCHURE

Understand your feelings, as well as the feelings of others, and how these emotions can influence motivation and behaviour.

The importance and relevance of emotions to work outcomes has gained a significant amount of acknowledgement by professionals over the years. The Emotional Intelligence eCourse will help you to:

- Define and apply self-management, self-awareness, self-regulation, self-motivation and empathy.
- Express yourself successfully when communicating with others in a non-verbal manner.
- Apply emotional intelligence to the workplace.
- Recognise and express your emotions.



#### DURATION

4 weeks online access



#### STUDY TIME

8-9 hours study time



#### INTERNATIONAL CERTIFICATION



#### CONTINUING EDUCATION UNITS (CEU'S)

0.9 CEU's



The  
**Leadership**  
CENTRE  
DEVELOPING TOMORROW'S LEADERS

Emotional Intelligence describes the ability to understand one's own feelings, and that of groups, and how these emotions can influence motivation and behaviour. The concepts of Emotional Intelligence have been around since at least the 1900's, but the term was first introduced by Wayne Payne in 1985.

As a result of the growing acknowledgement by professionals of the importance and relevance of emotions to work outcomes, the research on the topic continued to gain momentum, but it wasn't until the publication of Daniel Goleman's best seller Emotional Intelligence: Why It Can Matter More Than IQ- that the term became widely accepted by mainstream media.

## eCOURSE INCLUDES

- 4 Weeks Online Access.
- Emotional Intelligence eBook per phase.
- Emotional Intelligence Templates and Exercises.
- Quick Reference Sheet.
- Online Exam.
- International Certification.

## KEY OUTCOMES

On completion of this eCourse, you will be able to:

- Define and apply self-management, self-awareness, self-regulation, self-motivation and empathy.
- Recognise and express your emotions.
- Express verbally when communicating with others.
- Express yourself successfully when communicating with others in a non-verbal manner.
- Apply emotional intelligence to the workplace.
- Define optimism and pessimism.
- Use emotional intelligence effectively to impact others.

## CERTIFICATION & ACCREDITATION

You are required to complete an online multiple choice exam with a pass mark of at least 80%.

The Leadership Centre is accredited by the International Association for Continuing Education and Training (IACET) and is authorized to issue the IACET CEU.



## TECHNICAL REQUIREMENTS (COMPUTER)

- A computer with Microsoft Windows operating system (98, NT, 2000, XP, Vista, or Windows 7) or Mac OS X (10.5 Leopard or higher).
- A computer with Microsoft Office 2000 or higher.
- A high speed internet connection and a web browser (Firefox is highly recommended as there are incompatibility issues with Internet Explorer).
- Adobe Reader (free software).

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## GET IN TOUCH

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Should you have any queries, please contact us at The Leadership Centre.

### TARYN MOODLEY

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#### Learner Support

taryn.moodley@tlc-global.com

+27 (0)861 444 339

### SARAH GILES

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#### Sales Manager

sarah.giles@tlc-global.com

+27 (0)861 852 463

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## HAPPY LEARNING

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The Leadership Centre Team

