



**THE VOICE BUSINESS**  
SPEAK WITH CONFIDENCE

## Emotional Intelligence (EQG)

A great course for anyone... who wants to be emotional intelligent.

### Purpose:

A workshop to develop your potential to recognise, manage and de-mystify emotions, increasing your ability to confidently use your humanity and grace in business.



- Learn how to manage your emotions in “hot” situations
- Understand the emotions of others and how to control your reactions to them
- Uncover the secrets of self-motivation
- Learn how to handle “difficult” people
- Learn how to value different responses in others
- Be more in control of your life by training your brain
- Improve your vocal intelligence
- Become more effective in your business relationships
- Feel more comfortable in difficult situations
- Feel in charge of your life
- Learn how to be pro-active not reactive.

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### What you will learn:

#### Part 1 Understanding Your Self- as an Emotional being

How to be authentic, respectful, and responsible - by first coming to understand what your "emotional life" consists of.

Exercises in:

Examining Your Emotions

The Physiology and Microbiology of Emotions and Emotional Energy

Tension and time of day

## **Part 2 Emotional Connection**

How to identify emotional states in others and build "emotionally connected" relationships- even with "difficult " people.

Exercises in:

Identifying and generating emotional states

Handling pain and passion in others

Creating trust

## **Part 3 Self Motivation**

How to manage your emotions so you can "feel the fear and do it anyway".

Exercises in:

Building "resource" states

Commitment and character

Sensing future opportunities

Self renewal

And much, MUCH more!

## Scheduled Emotional Intelligence (EQG)

Course	Code	Duration	Location	Cost (inc gst)	Type
Emotional Intelligence	EQG	1 x 8 hr workshop	Australiawide	\$6295	per Group

### Class Time

Classes are available weekdays between  
**6.00am-6.00pm**

Workshops are from **9.00am-4.30pm**

### Questions?

**Email:**

[courses@thevoicebusiness.com.au](mailto:courses@thevoicebusiness.com.au)

**Phone:** 1300 922 122

### Head Office

The Voice Business,  
Level 3, 66 Berry St, North Sydney,  
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Australia

### Course Materials

CDs.Mp3 and Work notes included  
Post Course Evaluation.  
A Certificate of Completion will be awarded to  
each successful candidate.

[Click here to book your classes](#)