



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

Phone: 1300 922 122

🏢 Head Office

The Voice Business,
Level 3, 66 Berry St, North Sydney,
NSW 2060,
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](#)