



Emotional Intelligence

Managing emotions in a clever way

Seminar objective

In this course, you will learn how to increase your emotional intelligence and manage your emotions. Even in a highly technical and commercial environment, people's emotions often play a major role. That is why, in addition to high technical proficiency, empathy - emotional intelligence - is crucial. Feelings influence communication largely. Successful discussions always depend on us interacting in an intelligent, conscious and sensitive way with our own feelings and those of others. When it comes to success, empathy is as important as technical knowledge.

Seminar content

Fundamentals of Emotional Intelligence:

- Recognizing, understanding and trusting your own feelings
- Self-awareness: Becoming aware of your own feelings
- EQ & IQ - how mind and emotions work together
- The ability to understand others?
- Empathy: Perceiving and understanding the feelings of others
- Why do people with high confidence perform much better and set higher goals in their professional lives?
- How do feelings arise and what do they express?
- How can I control feelings?

Mindfulness in Interaction:

- Mindfulness: awareness of our mood and of our thoughts.
- Self-motivation and optimism
- Emotional intelligence determines our performance
- How feelings influence our willingness to act
- Taking better control of our own feelings

Improving your Emotional Intelligence:

- How can you quickly recognize the emotional state of other people?
- Be aware of the wishes and needs behind the emotional states
- How do feelings arise and what do they express?

Tips for everyday life:

- Mindfulness exercises
- Reflecting on the ability to empathize
- Using the intelligence of feelings in everyday life
- Tools for practical exercise in everyday life

Methodology

External and self-analysis Video-supported role plays Discussion in the group Discussion based on practical examples Individual and group work

Target audience

The seminar emotional intelligence is aimed at specialists and

Course ref.

PE4004

Participants

not more than 9 participants

Schedule

1. Day: 10:00 - 17:00
2. Day: 09:00 - 16:00

Location & dates

Münster

06.06.2024 - 07.06.2024
05.12.2024 - 06.12.2024
24.02.2025 - 25.02.2025
05.06.2025 - 06.06.2025
04.12.2025 - 05.12.2025

Hamburg

05.09.2024 - 06.09.2024
03.04.2025 - 04.04.2025
04.09.2025 - 05.09.2025

Berlin

07.11.2024 - 08.11.2024
13.02.2025 - 14.02.2025
06.11.2025 - 07.11.2025

Hannover

24.03.2025 - 25.03.2025

Cologone

28.04.2025 - 29.04.2025

Frankfurt am Main

13.06.2024 - 14.06.2024
11.11.2024 - 12.11.2024
22.05.2025 - 23.05.2025
25.09.2025 - 26.09.2025

Nuremberg

16.01.2025 - 17.01.2025

Stuttgart

31.03.2025 - 01.04.2025

Munich

12.09.2024 - 13.09.2024
03.03.2025 - 04.03.2025
25.08.2025 - 26.08.2025



executives from business enterprises of all sizes and industries as well as from public administration.

Fee

1.150,00 € (ex. VAT)

1.368,50 € (inc. VAT)

Included in the price: Working documents, certificate of participation, lunch and coffee breaks.



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Anzahl der Mitarbeiter in Ihrem Unternehmen

Kundennummer

Anmeldebestätigung (E-Mail)

Unterschrift