

# Emotional Intelligence

## Skills Programme



MACCAUVLEI

Accredited by Services SETA - 1468

### UNIT STANDARDS COVERED

Unit Standard ID NQF Level & Credits	Unit Standard Title
US 252031 NQF 5 4 Credits	Apply the principles and concepts of emotional intelligence to the management of self and others

### PURPOSE

Emotional intelligence is the ability to manage one's own emotions and the emotions of others. It includes:

- Emotional awareness;
- The ability to harness emotions and apply them to human interactions and tasks like thinking and problem solving;
- The ability to manage and control one's own emotions (behaviours) as well as the emotions of other people (i.e. cheering them up or calming them down with one's own words and actions)

The purpose of this workshop is to create a better understanding in terms of:

- How we assess people
- How relationships develop
- How our beliefs generate our experience
- How thoughts affect our emotions and ultimately our actions

### OUTCOMES

In particular, people credited with these unit standards will be able to:

- Demonstrate knowledge and understanding of the principles and concepts of emotional intelligence in respect of life and work relations
- Analyse the role of emotional intelligence in interpersonal and intrapersonal relationships in life and work situations
- Analyse the impact of emotional intelligence on life and work interactions
- Evaluate own level of emotional intelligence in order to determine development areas

### WHO SHOULD ATTEND?

This skills programme is designed for anyone who wish to gain a better understanding and develop their own emotional intelligence.

### DURATION OF TRAINING

2 Interactive Days

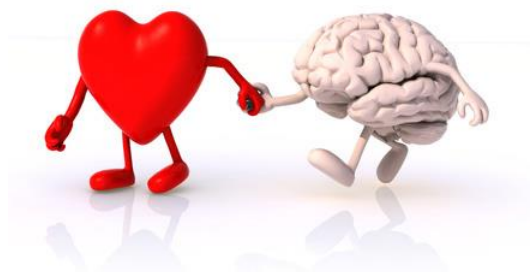
### MACCAUVLEI ENTRY REQUIREMENTS

- NQF Level 4 / Grade 12 (Matric) Certificate

### CERTIFICATION

Learners who successfully complete the Portfolio of Evidence will be awarded a Skills Programme Certificate of Competence with the Unit Standard listed.

Public Price **R5,826.00 per person**  
(excluding VAT). For In-House quotes please  
contact [info@maccauvlei.co.za](mailto:info@maccauvlei.co.za)



### Contact Details

For registration forms or more detail please contact us:

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