

# Emotional Intelligence

## West Leederville



All human beings experience emotions – we are emotional beings, as well as physical and intellectual. Emotions play a strong role in individual thought, decision-making and handling of all relationships. It is not a question of taking either an emotional or intellectual approach to an issue – it is preferable we do both.

The goal of this all-day workshop is to appreciate the basis for emotions and how, together with our cognitive skills, we can direct them towards a positive effect.

Topics will include:

- Understanding the part emotions play in all of us and what impacts and affects our emotions.
- The benefits of increased emotional intelligence, including the ability to recognise and accept all feelings/emotions, as well as the ability to self-soothe.
- How to identify, understand, use and manage emotions.
- The ability to find a balance between expression of emotion and new ways of expressing anger.
- Developing an increased capacity for empathy as opposed to mere sympathy.
- Skills to reduce emotional suffering – familial, personal and workplace.
- Developing an increased sense of personal power across all areas of our lives.

**When:** Monday 5 December 2022

**Time:** 9.30am to 4.30pm

**Where:** WEST LEEDERVILLE – Level 1, Southport St

**Cost:** \$120 per person



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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