

Emotional Intelligence

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.

The recognition and acceptance of emotions ensures deeper intimacy in personal relationships and more effective relationships in the wider community. Emotional Intelligence helps achieve a deeper happiness and sense of fulfillment in all aspects of life.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Monday 14 June 2021

Time: 9.30am – 4.30pm

Cost: \$90 per person

Bookings are required. Please phone 6164 0200 to enrol

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au