

EMOTIONAL INTELLIGENCE WORKSHOP

Subject Area

Student Type

Study Mode

Business &
Professional

Adults

Part Time

What is the course about?

This one-day daytime course introduces participants to Emotional Intelligence (EI) and its importance in today's workplace.

Participants will explore what Emotional Intelligence means, how the concept has evolved, and how it influences professional behaviour, leadership, communication, and workplace relationships.

Why should I choose the course?

Emotional Intelligence is recognised as a key skill for effective teamwork, leadership, communication, and professional success. This practical course will help participants better understand themselves and others, improve workplace relationships, and develop strategies for managing emotions in professional situations.

What will I learn?

Participants will gain an understanding of the meaning and development of Emotional Intelligence, whilst exploring how Emotional Intelligence applies in professional environments. They will learn how to recognise emotionally intelligent behaviours in leaders and colleagues, examine the impact that leaders have on employee motivation and wellbeing through reflective activities, and develop strategies to get the best from themselves and the teams they work with.

Participants will explore Goleman's Emotional Intelligence Competency Framework which includes self-awareness, self-management, social awareness, and relationship management.

What will the course lead on to?

This one-day course provides valuable personal and professional development and can support progression into leadership, management, teaching, coaching, mentoring, customer service, and team-leading roles. It also complements further study in leadership and management qualifications.

Are there any links with industry and university?

This professional development course takes just one day to complete and reflects contemporary workplace expectations and leadership practices used across a wide range of industries. The concepts explored are based on recognised research and leadership models commonly used in organisational development.



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

What support is available?

Participants will receive support from an experienced tutor throughout the course. Learning activities will include discussion, reflection, practical exercises, and group work designed to support all learning styles.

Why should I choose to study the course at Warrington & Vale Royal College?

Warrington & Vale Royal College offers high-quality professional development courses delivered by industry-experienced staff. Participants benefit from an inclusive learning environment, practical workplace-focused content, and opportunities to develop skills that can be applied immediately in professional settings.

What are the entry requirements?

There are no formal entry requirements. The course is suitable for anyone wishing to improve their self-awareness, leadership skills, communication, and workplace effectiveness.

What are my funding options?

The course is £95 per person for the 1 day programme. For more information, please contact our Learner Services Team on 01925 494 400 or learner.services@wvr.ac.uk.

Are there any additional costs associated with the course?

No additional costs are anticipated. All learning materials required for the course will be provided.



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