

Emotional Intelligence (EQ) and MBTI®

Course Objectives

This interactive program uses MBTI® Type to help individuals leverage the power of emotional intelligence to improve relationships and gain success in their personal and professional lives.

- Understand the interpersonal and intrapersonal capabilities that constitute EQ
- Understand how psychological type links to EQ
- Explore EQ and their own personal development
- Understand how EQ plays a pivotal part in our ability to lead and inspire others

Customisation

StressLess Learning works in partnership with clients to customise and refine all course content and duration to suit both organisational goals and individual learners requirements.

All course outlines are therefore to be used as a guide only.

Duration

½ day or full day

Target Audience

Anyone who wants to better understand emotional intelligence and how their own personality preferences impact on the way we communicate, manage conflict and lead and inspire others.

Course Overview

Emotional Intelligence (EQ) can contribute more to our success than IQ or subject matter expertise. How is your EQ and that of your team? How do you “show up” when you engage the world around you? EQ includes behaviours such as self-confidence, assertiveness, empathy, and flexibility—all behaviours that can be developed.

The MBTI® instrument enables personal transformation by giving people a powerful tool for improving how they communicate, learn, work and play. It also provides a common language for appreciating and understanding interpersonal differences.

Our experienced MBTI® practitioner, Jo Fraser, will take participants through a fun, informative and interactive 1/2 day or full day workshop where they will understand how:

- To identify their own MBTI® "best fit" personality type
- To identify all 16 MBTI® personality types
- They prefer to focus their attention and get energy (Extraversion/Introversion)
- They prefer to take in information (Sensing/iNtuition)
- They prefer to make decisions (Thinking/Feeling)
- They prefer to organise and run their own life and engage with the external world (Judging/Perceiving)
- Emotional intelligence plays a pivotal part in our ability to lead and inspire others
- To recognise how stress affects our type and how that plays out in our personal and professional lives
- As leaders they prefer to communicate and how to maximise communication effectiveness of others

As part of our MBTI® workshops all participants are required to complete an MBTI® instrument prior to the workshop. Reports will be distributed to participants prior to the workshop. Results are confidential.