

1 DAY

INNER MANAGEMENT

**ODYSSEY**
TRAINING™

An SGS Company



PERSONAL DEVELOPMENT COURSE

LEARNING OUTCOMES

- Build your understanding of emotional intelligence and how it impacts your ability to achieve results
- Identify practical ways to increase your self-awareness
- Develop a range of strategies to enhance your self-management
- Understand the link between motivation and success
- Identify the social competencies of empathy and social skills

COURSE OVERVIEW

People with emotional intelligence have a head start in their lives and careers. This live online course will enhance your understanding of self and how this impacts your business relationships and personal relationships. Learn strategies to fine tune your inner management and strengthen your emotional intelligence.

TOPICS COVERED IN THIS COURSE

What is emotional intelligence (EI)?

Defining EI and how it is a dynamic process of learning skills to understand yourself and others.

What impact will my EI have on my work?

Examine how the core skills of self-awareness, self-regulation and motivation directly impact your outcomes at work.

Intrapersonal Skills

Identify a variety of strategies to develop your inner management.

Tuning into your senses

Paying attention to what you see and hear and not what you think you see and hear.

Adaptability and innovation

Focus on strengthening your adaptability and innovation skills so you can successfully manage changes that come your way.

Managing your emotions

Learn how you drive your own emotions, reactions and behaviours to understand how to better manage self-control.

Motivation

Explore strategies for building personal motivation supported with optimism and willpower, to reach your goals.

Practical, relevant training
developed for the Australian
workplace.

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