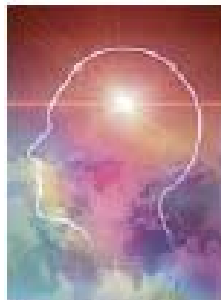




**PRACTICAL EDUCATION FOR
EXECUTIVES S.C.**

EMOTIONAL INTELLIGENCE



*Based on Emotional Intelligence, we can determine the way each person
relates with and understands the world.*

What is Emotional Intelligence?

“The term Emotional Intelligence is related with the ability to recognize our own feelings, as well as others’ feelings, in order to use them as a guide of thought and action, for example as self-motivation or in the proper handling of relationships with others.”

What does the course consist of?

Based on Emotional Intelligence we can determine the way each person relates with and understands the world; taking into consideration attitudes and feelings, it includes abilities such as impulse control, self-consciousness, channeling of emotions, confidence, enthusiasm, empathy, persistence when facing frustrations, practice of prolonged gratification, motivation of others by helping them to develop themselves by taking advantage of their own talents and by achieving their commitment in regard to common objectives and interests.

Course objectives

At the end of the workshop, participants will identify the elements integrating the Emotional Intelligence.

They will get to know the companies’ new tendencies in regard to the needs of successful people and their characteristics.

Who is it directed to?

- ◆ Businessmen
- ◆ Boards of Directors
- ◆ Managers
- ◆ Supervisors
- ◆ Employees

- Emotional intelligence in organizations has proved to be a necessary tool for stress handling, for carrying out successful negotiations and for personnel relationships within a company.
- This course shall lead the person to the knowledge and proper handling of his emotional intelligence in the different situations of his life.

I. Introduction

What is intelligence?

Kinds of intelligence

What are the emotions?

Characteristics of a person with emotional intelligence

Benefits of an Emotional Intelligence Program

Evaluation of emotional intelligence

Brain gymnastics

Communication Channels

1st, 2nd and 3rd perceptual positions

Self-knowledge

Self-esteem

- a) Setting your objectives

Communication

- a) Communication with yourself
- b) The art of love and communication between couples
- c) Communication with your children
- d) Communication within the company

Habits of Excellence

- a) Beliefs of a Winner

☐ 16 hours

SINCERELY,

Lic. María Teresa Zavala Alarcón
General Director

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