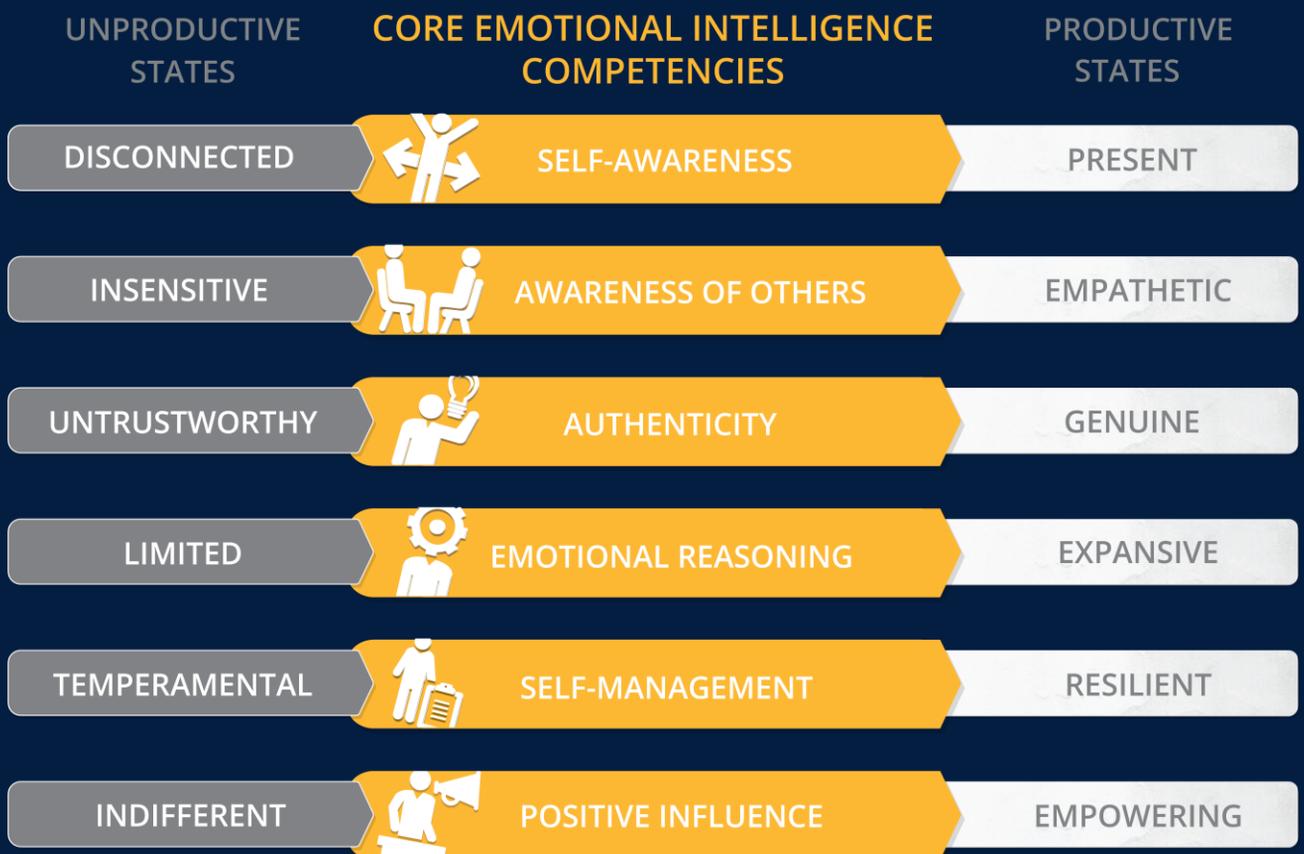# Applied emotional intelligence

Career enhancing at work. Life changing outside of it.

Applied EI is an instructor-led learning program that helps boost essential emotional intelligence competencies for 2022 and beyond. The program has been designed to help you enhance how well you demonstrate emotionally intelligent behavior and, in doing so, improve how you Connect, Communicate and Collaborate with others.

The program revolves around the six core competencies of emotional intelligence as shown below

UNPRODUCTIVE STATES	CORE EMOTIONAL INTELLIGENCE COMPETENCIES	PRODUCTIVE STATES
DISCONNECTED	SELF-AWARENESS	PRESENT
INSENSITIVE	AWARENESS OF OTHERS	EMPATHETIC
UNTRUSTWORTHY	AUTHENTICITY	GENUINE
LIMITED	EMOTIONAL REASONING	EXPANSIVE
TEMPERAMENTAL	SELF-MANAGEMENT	RESILIENT
INDIFFERENT	POSITIVE INFLUENCE	EMPOWERING

These skills can also be applied in everyday life also, enabling people to discover how to become better parents, partners, siblings and friends. That's why Genos International calls it "Career enhancing at work. Life changing outside of it."

Through practical tools and techniques you will

- Enhance your understanding of the science of emotions and explore the powerful impact emotions can have on decisions, behavior and performance.
- Evolve your understanding of yourself and others so that you can better connect, communicate and influence
- Improve your resilience and well-being so you can remain centred under pressure and project greater presence and confidence.
- Enhance your skill at positively influencing the way others feel.

Developing the skills of emotional intelligence can be career enhancing, why?

1. Emotional intelligence is viewed as the most critical and sought after skills, more than other soft skills like communication and much more than functional skills
2. Emotional intelligence has been on the World Economic Forum's list of the Top 10 job skills since 2016.
3. As automation and machine-led learning start to perform more and more of the thinking aspects of jobs, it's skills like emotional intelligence that will become more central to the work we all do. Demand for emotional intelligence will increase 6-fold over the next three years.

Developing the skills of emotional intelligence can be life changing, why?

1. The skills of emotional intelligence underlie the quality of our relationships and how we related to others. When we enhance emotional intelligence skills we enhance how we connect, communicate and influence those we interact with outside of the workplace. We can become better partners, parents, siblings and friends for example.
2. The skills of emotional intelligence underlie how well we manage stress and the quality of our resilience. When we enhance emotional intelligence skills we can manage stress more effectively and bounce back better and quicker from stressful events.
3. The skills of emotional intelligence underlie the quality of our relationships and the qualify of our relationships underlies our physical health and well-being Good quality relationships are far more important to our physical health than many other things like exercise, sleep and the quality of our diet

Genos International has been recognized by Training Industry as one of the Top 20 global Assessment and Evaluation companies in the world for the last five consecutive years.

Proud to be one of the Top 20 Assessment organizations wordwide - 5 years in a row!

What's included:

1. **Benchmark**: Privately and confidentially benchmark how well you demonstrate emotionally intelligent behaviors in comparison with others using the Genos emotional intelligence assessment. This assessment gives you a gauge on your emotional intelligence in comparison to the world-renowned Genos global benchmark.

2. **Personalize**: Complete a professional digital debrief of your assessment results to help you personalize what you need from the content. An experienced, Genos Certified Practitioner can assist you with your results where needed and help you develop a relevant action plan.

3. **Participate**: in Instructor-led Learning. The program is comprised of inspiration content, practical tools, techniques and activities.

4. **Embed:** post program you will have the opportunity to apply the tools and techniques at work and outside of it to help improve how you connect, communicate and influence others.