



Developing Our Emotional Intelligence

Practicing Excellent Mental Health to Handle COVID19 Pandemic

► Training Details

Online Training Course Overview

Developing our emotional intelligence is an urgent necessity in these times of crisis as the world is faced with the COVID19 pandemic. The world is totally unprepared in dealing with the present times of Volatility, Uncertainty, Complexity and Ambiguity (VUCA). Many individuals are dealing with severe mental health issues. In the face of the present pandemic many people face an onslaught on their mental health. The Developing Our Emotional Intelligence online training course equips the individual to enhance their mental health in facing the present pandemic.

Designed For

- Anyone affected by the COVID19 pandemic
- All Managers, Supervisors and Team Leaders
- All Employees
- Anyone who wants to gain insights into mental health

► Training Details

Amongst a wide range of valuable topics, the following will be prioritised:

- Introduction to emotional intelligence and mental health
- Dealing with a VUCA (Volatility, Uncertainty, Complexity & Ambiguity) environment
- Perception & Emotional Intelligence (EQ)
- IQ, EQ and EE introduced
- Personality profiling with the LEONARD Personality Inventory (LPI) to develop EE
- LPI Holistic Model to develop emotional intelligence

► Preview

(Dubai [GMT 4]) 08:30 - 09:00
09:00 - 10:30
10:30 - 11:00
11:00 - 12:30
12:30 - 13:00
13:00 - 14:30

Welcome, Setup, Registration
First Session
Break (30 mins)
Second Session
Break (30 mins)
Third Session

► The Certificate

Anderson e-Certificate of Completion will be provided to delegates who attend and complete the course

▶ INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

Email: inhouse@anderson.ae

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