

Workshop Title	Emotional Intelligence
Workshop Description	Individuals with high levels of emotional intelligence are better equipped to be valuable and effective members of teams within any organisation. Delegates at this workshop will learn the key theories behind emotional intelligence and techniques of adapting these to ensure maximum personal productivity within their personal and work environments to aid them in making positive improvements. The workshop covers concepts of head over heart, and an understanding of how to control the emotional mind, develop an understanding of mind movies and visualisation. The workshop will also outline the importance of self-knowledge and personal feelings.
Admission Requirements	<ul style="list-style-type: none"> • Must be at least twenty three years of age. • Must be in possession of a matric certificate or the mature age exemption procedure will apply.
Delivery Method	Contact Sessions
Duration	1 day/ 8 hours
Price	Refer to BSU Fee Schedule
Enquiry Contact	bsuenquiries@dut.ac.za / 031 -373 5710/ 5762