

EMOTIONS AVVY: EMOTIONAL INTELLIGENCE FOR SUCCESS

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Emotions are important in work life. They drive motivation and commitment; they are an inherent part of negotiation, conflict, and change; they are fundamental to our lives and our relationships. Effective people are proficient at recognising, using, understanding, and managing emotions in themselves and others.

While there are many approaches to emotional intelligence and how to measure it, the MSCEIT is the original, scientific conception. It is based upon more than a decade of research by psychologists Jack Mayer and Peter Salovey. Mayer and Salovey are the originators of the theory of emotional intelligence. Theirs is an ability model of emotional intelligence and they define emotional intelligence as “the ability to reason with and about emotions”.

The MSCEIT is designed to assess emotional intelligence by measuring how well people perform tasks and solve emotional problems, rather than by their subjective self-assessment of their EI, i.e. it measures actual emotional ability by providing assessment of eight individual tasks in four central areas: the ability to accurately perceive emotions; the ability to use emotions to facilitate thinking, problem solving and creativity; the ability to understand emotions; and the ability to manage emotions for personal growth.

This one-day Masterclass will equip your people to recognise, use, understand, and manage emotions in self and in others and includes administration of the MSCEIT test.