

# From Emotions to Empowerment



# Why Neoskill?



## Incorporated 1997

With over 27 years as a training provider, Neoskill is a reliable, stable and knowledgeable organisation for clients who require a variety of training services.



## Permanent Trainers

Neoskill trainers are full-time, permanent trainers and are not employed on a contract basis. This enables us to consistently provide a high level of quality and flexibility to our clients.



## Courses

We provide both Power Skills and Systems training. Our courses are focused on improving effectiveness and efficiency resulting in a more collaborative and productive work environment.



## Customised Solutions

Our training solutions can be customised to meet the needs of the client. This ensures the training is more relevant and impactful for learners and in-line with organisational goals.



## Clients

Our clients range from medium-sized companies to blue-chip multinational organisations in a variety of industries. They include Cisco Systems, the London School of Economics, AstraZeneca, Reuters, Santander and more.



## Delivery Methods

Our global training delivery methods include face-to-face training, live online training, e-Learning packages and Video on Demand. We have dedicated trainers for each delivery method, that provide exceptional learning experiences.

# Course Description

Emotional Intelligence is the key to personal and professional success.

Being emotionally intelligent gives an individual the capacity to be aware of, manage and express their emotions, helping them to handle interpersonal relationships level-headedly and empathetically.

## In this course we explore:

- how to recognise emotions, resulting in a better understanding of our behaviours and the behaviours of other people
- strategies to build better relationships and deal with situations effectively
- how to improve performance as an individual, leader and team-player/collaborator
- self improvement and enriched social interactions to aid happiness and well-being

# Course Benefits

After completing this course you will be able to understand emotions and behaviours, and manage them using specific strategies. You will utilise the action plan created during the course, to apply the emotional intelligence strategies in your daily lives.

**Delivery Method 1:** Live Virtual

Duration: 4.5 hrs

**Delivery Method 2:** Face-to-Face

Duration: 1 day



# Power Skills Courses



## Time to Save Time

3.5 hrs online training / 1 day face-to-face training.



## Rewire Your Biases

3.5 hrs online training / 1 day face-to-face training.



## The Art of Great Leadership

3.5 hr online training / 1 day face-to-face training.



## In Pursuit of Agreement: The Art of Negotiation

3.5 hrs x2 online training / 1 day face-to-face training.



## Destress, Avoid Burnout

3.5 hrs online training / 1 day face-to-face training.



## Story Tell To Success

3.5 hrs online training / 1 day face-to-face training.



## Communicate to Connect

3.5 hrs online training / 1 day face-to-face training.



## The Power of Magic Words

1 hr online training / Half-day face-to-face training.



## The Corporate Persuader: The Art of Influence & Persuasion with Integrity

3.5 hrs online training / 1-day face-to-face training.



## The Trust Catalyst: Building Effective Relationships

4.5 hrs online training / 1 day face-to-face training.