



Meriting Youth Development proudly presents

Emotional Intelligence & Personal Mastery – 3 DAYS

Imsimbi Training will conduct the training on behalf of Meriting Youth Development. Imsimbi Training is a fully accredited training provider with the Services Seta, number 2147, as well as a Level 2 Contributor BBBEE company.

This course is accredited by the Services Seta and material covers unit standards 252031 at NQF level 5 worth 4 credits.



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COURSE OBJECTIVES

“I want to thank you for the privilege I had of attending this course. It was everything I expected and more! The course was informative and David made it very interesting and interactive. The course was insightful, educational and most definitely helpful and useful in the workplace. If I had any say in the matter, I would suggest that each and every person attend this course. Purely for the reason that employees need these skills to be able to make our working environment a pleasure to be in every day.”

Therese Kruger - Rand Mutual

Imsimbi Training’s emotional intelligence course is a life changing programme that can only have a tremendous impact on the success and effectiveness of your work life, career and home life. Over one thousand delegates have attended Imsimbi’s course on Emotional Intelligence and have found it truly remarkable.

Emotional Intelligence is the single most important indicator in producing people who are able to work effectively in organizations at the highest levels. Longer term sustainability, requires that people go beyond I.Q. and develop their full E.Q.

This course is designed to help delegates develop self-awareness, effective and polished interpersonal skills, help understand and manage their negative emotions, and lastly create passion, energy and self-motivation. In fact it is not the hardest working or most intelligent people who succeed, but people who have high levels of emotional intelligence and who are able to gain the cooperation of their colleagues and lead and motivate teams of people.

EQ explains why some people excel while others who appear to have similar capabilities lag behind. This course will contribute to both personal excellence and greater leadership capabilities. We explore the solidity of our self confidence and the way in which it supports our sense of competence, capability and ability to win out in changing or adverse situations.

The course looks at our work-life balance, the kind of lifestyle choices that we make, our attitude towards working life and asks questions about the impact that our lifestyle choices are having on our motivation and our job engagement. We help delegates develop a range of tools and techniques for building their emotional intelligence.



COURSE OUTCOMES

Upon completing this course, participants should be able to acquire the following attributes:

- Developing Self-awareness
- Understanding your personality profile
- Understanding your weaknesses and strengths and EQ gaps
- Understanding your colleagues
- Improved interpersonal skills
- Improved listening and communication skills
- Improved feedback skills
- Improved assertiveness skills
- Focusing on the good in self and others
- Developing empathy
- Improved resilience skills and hardiness
- Identifying emotions and feelings
- Releasing negative emotions
- Understanding personal mission and passion
- Identifying your core genius and talents
- Developing goals for a more balanced life



COURSE OUTLINE

MODULE 1: Emotional Intelligence and Self-awareness

- Self-awareness and Mindfulness
- Life Balance – Nurturing all four areas of our life
- Emotional Intelligence Core competencies
- The iceberg model – the Enneagram compulsions
- Johari's window
- Myers Briggs Personality Test
- Locus of Control
- Being a victim or being empowered

MODULE 2: Interpersonal Skills and Communication

- Developing polished interpersonal skills with staff and colleagues
- Listening Skills
- Getting along with my manager
- Learn how to give honest and candid feedback appropriately
- Learn to receive negative feedback constructively
- Communicating assertively
- Assertiveness techniques
- Assertiveness test
- Demonstrating behavior that is direct, appropriate and respectful
- Dealing with aggressive people in the workplace
- Learn to be less aggressive
- Transactional Analysis
- Deal with tension and conflict more constructively
- Showing appreciation



MODULE 3: Self-regulation: managing one's negative emotions

- The skills of self-regulation
- The skill of shifting focus and attention
- Recognising negative emotions & their negative impact
- Temper negative responses
- Techniques for managing and controlling one's negative emotions
- Managing anger – the Amygdala hijack
- Learn how to work more effectively with difficult people
- The ability to heal – the healing process
- Finding the gift in difficult times
- Managing stress

MODULE 4: Developing a positive emotional focus

- Gratitude
- Counting your blessings
- Making a daily choice to be happy
- Developing empathy
- The law of positive attraction
- Learn how to channel energy and enthusiasm to motivate
- Emotional Intelligence Test

MODULE 5: Self Confidence and Resilience

- Appreciating yourself
- Building self-confidence
- Resilience: Bouncing back quickly after a setback
- Resilience and determination



MODULE 6: Your Purpose and Goal Setting

- Identifying your soul purpose or life purpose
- Motivation, passion and energy
- Setting long term goals and objectives
- Three obstacles to success:
- Considerations, fears & roadblocks
- Developing an orientation for taking action
- Drawing up an action plan for a balanced life

Tools

This programme is a fun and highly interactive course using practical tools and techniques for delegates to master. Over 20 practical techniques and tools will be practically applied by delegates in the classroom and at work and home after the course. An assignment re-inforces the new skills learnt.

References

“The best course I have ever attended in my career. Thank you for changing my life and steering me in the best direction for continued self awareness and growth.”

Mariaan Mybergh, CSIR

“I attended the course you offered in Emotional Intelligence and Personal Mastery and my life has never been the same since. I notice that I have developed a lot of empathy and self-awareness. I no longer fight or argue over every little thing. Your method of offering the course and your openness is so unique.”

Mmabatho Gwangwa, South African Reserve Bank

“It is with great pleasure and enthusiasm that I am writing this letter of recommendation for Imsimbi’s course on Emotional intelligence. I hope my perspective will be helpful to you as you evaluate this exceptional course. During the course I discovered myself and my inner strength. Their creative ideas for presentations and activities were inventive, entertaining and very effective. This experience had a profound effect on my life, not only did my self-confidence improve but also the way I see the future.

Hendrik Beukman, Goldfields

