

Develop your emotional intelligence in the workplace

Use your emotions as a means to achieve individual and group success

MODALITY
100% online
training action

Goals

- Identify your emotions and understand what triggers them
- Turn your emotions into decision making criteria and a means of taking action
- Adjust to and understand others' emotional experiences
- Create a positive work environment to ensure group success

Highlights

- This course focuses on personal and group success for a sense of fulfillment in the workplace
- Understand your preferred operating methods and take them further
- Harness the power of emotions for yourself and your team
- The right balance between scientific research and executive coaching

Estimated time: 12h

Sessions: contact-us at +33 1 85 08 92 75

Programme

PART 1

Develop your emotional awareness

- Understand the mechanisms behind your emotions: your beliefs, needs and triggers
- Understand the different ways that emotions manifest themselves
- Lean to your emotions with precision
- Measure the levels of emotional intensity in any situation

Activities

- Match each emotion to the ways it manifests itself, the reactions it causes and the need that this reaction satisfies, in a professional context.
- Explore mindfulness to better identify and regulate your emotions

PART 2

Harness the power of emotions

- Learn to express your emotions
- When and why should you regulate your emotions?
- Identify your preferred strategies for regulating your emotions
- Harness the power of your emotions to help you to carry out tasks more effectively

Activities

- Put aside your preferred emotional regulation strategies and explore other modes of emotional regulation.
- Restore your emotional balance in a professional context

PART 3

Use your emotional intelligence to improve professional relationships

- Understand how empathy functions, and identify its advantages and disadvantages
- Identify other people's emotions and how they manifest themselves
- Become aware of your preferred interpersonal attitudes
- Discover how to take emotions into account during conflict resolution

Activities

- Decipher the needs behind other people's reactions
- Reflect on the boundaries of empathy

PART 4

Build an emotionally positive work environment

- Bring together employee well-being and performance
- Boost performance via the state of Flow and a positive Sense of Personal Effectiveness
- Develop meaning, trust, and autonomy within your team
- Create a culture of recognition and gratitude

Activities

- Analyze your own practices and draw up your action plan
- Map your team's strengths to ensure team fulfillment

Audience

Senior or new managers, project managers, or employees in charge of leading groups to work towards a common goal. Anyone wishing to become more aware of and master their emotions.

Prerequisites

No prerequisites are necessary to take part in this course. A managerial or group management role is desirable, but not required.

Modalités d'évaluation : un questionnaire est proposé à la fin de chaque module, ainsi qu'un examen final à l'issue de la formation.

Last updated in August 2025.