

BEHAVIOURAL EXCELLENCE SERIES

Enhancing Emotional Intelligence

Training Description

This intensive two-day workshop provides a comprehensive framework for personal development through the integrated lens of psychological type and emotional intelligence. The program introduces participants to the foundational concepts of personality type, including the system of mental functions and the process for discovering one's own best-fit type. It also builds upon this by presenting a model of emotional intelligence (EQ), exploring how to perceive and act on emotions, and directly connecting EQ competencies to the functions of type, where participants will learn how to leverage their natural type preferences to develop their emotional intelligence.

Training Duration 2 Days

Who Should Attend?

▶ Leaders, managers, and team supervisors seeking to enhance self-awareness and interpersonal effectiveness.

▶ HR, L&D, and organizational development professionals facilitating personal and team growth.

▶ Professionals aiming to improve emotional intelligence and team communication.

▶ Individuals interested in the MBTI® framework and its application to leadership and EQ.

▶ Anyone who wants to better understand personality dynamics to enhance collaboration.



Workshop Learning Objectives

By the end of this training, participants will be able to:

01 Understand personality type as a dynamic system of mental functions.

02 Connect the MBTI® framework to self-awareness and workplace effectiveness.

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04 Relate emotional intelligence competencies to personality type functions.

05 Identify behavioral patterns that influence emotional and interpersonal responses.

06 Apply EQ models to perceive, act on, and use emotions constructively.

07 Strengthen communication and empathy through understanding of type dynamics

08 Develop a personal EQ action plan for continuous growth.