



## Joining Instructions

### The Lebanese Standards Institution

Invites you to attend the

### **“Emotional Intelligence“**

Training course

*Offered by LIBNOR training centre*

**Date & Time:** 5-6 May 2016; 9am-4pm

**Location:** LIBNOR Training Centre

**Trainer:** Dr. Leila Youssef

#### **Pre-requisites:**

Emotional intelligence training is good for individuals who want to understand more about how emotions impact on people and how we choose the impact of our behaviour. Individuals at all levels who want to understand and develop their emotional intelligence skills can take this training course

#### **Course Overview**

Do you pay attention to your emotions and the feelings of those around you?

This training course will help you to find an answer for this question. It introduces the concept of emotional intelligence and explores the topic of EQ. It will help you to gain insight into emotional intelligence and how you can use it. It allows you to discover how in tune you are with your emotions and how to develop your own EQ and therefore increases your success in your career and relationships both inside and outside the work place.

#### **Course Objectives**

The training will allow to:

- define emotional intelligence and how it relates to personal and organizational success,
- explain the difference between EQ and IQ,
- introduce and discuss the five competencies of being emotionally aware,
- introduce and discuss the five elements of mindfulness that overlap with EQ,



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- develop an awareness of Bar-on EQ-i model which helps to identify emotional intelligence level,
- develop self-awareness and self-management of personal emotions,
- explore ways to advance personal emotional intelligence,
- understand the consequences of behaviour and weigh decisions before action

### ***Charges & Fees***

Free of charge

For more enquiry about the training sessions and registration kindly contact our training centre

- Through our website [www.libnor.gov.lb](http://www.libnor.gov.lb)
- At the following email address: [training@libnor.org](mailto:training@libnor.org)
  - By calling us: 01-485927 ext:113