

Managing stress and emotions in the workplace

Course Code: PD012

Date: 5 March 2013

Time: 10.00am – 4.30pm

Venue: Constable Building, Colchester Campus

Tutor: Jonathan Myers

Fee: £195

Summary Content

Emotional intelligence has been identified as a key leadership skill for the future. This course will explore emotional intelligence and discover how it can be harnessed by individuals and organisations. Participants will learn how emotional intelligence can help people develop not only as managers and employees but also how it can help in life generally. The course will look at the key areas of emotional intelligence and transactional analysis, investigating the relationship between these and other behavioural psychologies.

Specific areas to be covered include:

- Workplace behaviour and psychology
- Tools to modify personal behaviour
- Social awareness theories and concepts
- Coping with an oppressive and stressful workplace

The objectives of the course are:

- To give managers a basic understanding of emotional intelligence skills
- To increase understanding of workplace behaviour
- To help managers deal with stress in the workplace
- To help people manage more effectively

Who should attend?

This course is suitable for anyone who has an interest in emotional intelligence or wants to understand behaviour modification techniques.

Trainer Information

Jonathan Myers holds an Advanced Diploma in Education from London University and an MBA from Hull University. Jonathan has run a number of successful small businesses and combines real practical experience with over 17 years of lecturing experience. Jonathan continues to work at a senior level in a number of small and medium enterprises. Jonathan has carried out extensive research into his specialist area of bullying in the workplace, which gained him a distinction on his MBA dissertation.

Further information from:

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