



elevateB

Emotional Intelligence

Online course that can be taken on its own or as part of 12 courses that make up the **CMAA Leadership & Management Program** via the CMAA's online partner **elevateB**.

Course Outline

Emotional intelligence (or sometimes EQ, for emotional quotient), a concept only fully developed in the mid-1990s, has come to be recognised as a crucial aspect of building and maintaining interpersonal relationships in both work and social environments.

The course demonstrates that people with higher emotional intelligence find it easier to form and maintain interpersonal relationships and to 'fit in' to group situations. They are also better at understanding their psychological state, which can include managing stress effectively and being less likely to suffer from depression.

Importantly, it will help you to identify the impact of own emotions on others in the workplace, recognise and appreciate the emotional strengths and weaknesses of others, promote the development of emotional intelligence in others and utilise emotional intelligence to maximise team outcomes.

Course Delivery

This comprehensive course is delivered via an interactive, online platform providing the flexibility to study and learn at times that suits participants commitments and at a pace that suits their lifestyle.

Course material is comprised of readings, links, videos, activities and assessments (optional) in a comprehensive learning experience.



TO REGISTER



Scan here

for course cost and details
or www.elevateb.com.au/cmllp

Or contact **elevateB** directly
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ACCM POINTS

CMAA Members &
CMDA Affiliates earn

12 POINTS

for successful
completion of this
course.