

Social Intelligence

“The more socially intelligent you are, the happier and more robust and enjoyable your relationships will be.” Daniel Goleman

High levels of social intelligence are crucial in an individual's professional and personal life. This course will guide the participants on how to improve their social intelligence through people skills such as active listening, understanding body language and empathy. After all, social interactions are a two-way street and there is a need to know the rules of the road!

Our Social Intelligence course is designed to enable participants to become more confident in their social situations by learning how to express and interpret social cues. At the same time, they will learn the art of creating positive connections and increase their influence during social situations.



Course Objectives and Content

KEY LEARNING OBJECTIVES

1. Understand how our own behaviours affect others.
2. Learn to build empathy to promote strong relationships.
3. Apply collaborative and inclusive communication practices.
4. Learn how to recognise and express various social cues.

WHO IS THIS FOR?

This programme is best suited for everyone in the organisation.

COURSE CONTENT

1. Increase awareness of self and others.
2. The keys to empathy.
3. Building rapport.
4. Insight on behaviour and how it impacts others.
5. Interpersonal communication; what it is and why it's important.
6. Body language and how it can affect others' impression of us.
7. Active listening.
8. Social cues to be aware of.
9. Conversation skills; knowing what to say and when to say it.
10. Displaying confidence in social situations

Call us now on the numbers below

www.lanterntraining.com

info@lanterntraining.com

MOBILE: 0702 369224 or 0706 596162