

**EL239**

PATHS TO PERFORMANCE

NEW COURSE

# Harness Emotions to Be More Effective - Online Training

 New courseDURATION  
**11 HOURS**REGULAR FEE  
**219 \$**

## Objectives

A strong ability to connect with others can supercharge productivity, innovation, and teamwork; an empathetic workforce shows increased profitability and happiness. And a strong personal empathy practice offers huge rewards at the individual level as well. This groundbreaking collection offers big insights as well as real-world skills for increasing empathy both at the personal and organizational levels. The results can revolutionize the workplace.

## Targeted audience

Any Audience.

## Prerequisite

None.

## Content

### Identifying negative emotions

- Connecting your emotions to your needs
- Use emotions to boost productivity
- Identify and understand your feelings

### Use your emotions

- Making a difficult decision
- Make better decisions
- Put self-empathy into practice

### Develop your communication skills

- Don't judge: make factual observations
- Using factual observation
- Form better relationships
- Connect strongly and empathically

### Improve your listening

- Lacking empathy
- Empathy is a 2-way street
- Enhance your listening skills
- Master the power of listening

### Define your team's DNA

- Defining your organization's key principles
- Define the organization's DNA
- Define core values

### Improve your team's productivity

- Making difficult group decisions
- Make effective group decisions
- Make connected decisions

## Subscription

Subscription english version

Subscription french version

440 René-Lévesque West Blvd, 5th Floor, Montreal (Quebec) H2Z 1V7

Phone: 514 380 0380 | toll free: 514 380 0380 (Mt) / 418 681 0865 (Qc) / 1 877 380 8228

<http://www.technologia.com/en/e-learning-space/paths-to-performance/harness-emotions-to-be-more-effective-online-training/>

Contact Us: [formation@technologia.ca](mailto:formation@technologia.ca)

© 2019 All rights reserved Groupe informatique Technologia inc.