

BUSINESS SOLUTIONS - ESSENTIAL BUSINESS SKILLS
HUMAN RESOURCES & MANAGEMENT SHORT LEARNING PROGRAMME: ANGER MANAGEMENT

ALIGNED TO SAQA UNIT STANDARD ID: 252031 - APPLY THE PRINCIPLES AND CONCEPTS OF EMOTIONAL INTELLIGENCE TO THE MANAGEMENT OF SELF AND OTHERS

Duration:
1 DAY PROGRAMME

We all know what anger is, and we've all felt it, whether as a fleeting annoyance or as full-fledged rage. Anger is a completely normal, usually healthy, human emotion, but when it gets out of control and turns destructive, it can lead to problems; problems at work, in your personal relationships, and in the overall quality of your life. It can make you feel as though you are at the mercy of an unpredictable and powerful emotion. This workshop has been geared to help you understand and control anger

Programme overview:

- Demonstrate knowledge and understanding of the principles and concepts of emotional intelligence in respect of life and work relations
- Analyse the role of emotional intelligence in interpersonal and intrapersonal relationships in life and work situations
- Analyse the impact of emotional intelligence on life and work interactions
- Evaluate your own level of emotional intelligence in order to determine development areas

The following are included in the Course Fee:

Tuition, student support and research supervision, any assessments that may be completed	
Meals	
Certificate of attendance	
TOTAL	R 1250.00

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 I, (student/payment sponsor), acknowledge that I understand the information stated in this document.

Date: Signature:

This Information Sheet forms part of your enrolment contract

The content of this information sheet is subject to change without notice due to legislation, market requirements or any other reason. ELMI reserves the right to change the programme subject matter without notice.

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