

Academy of Certified Human Resource Professionals Ltd.

Regus Suites, 17th Floor, JKUAT Towers, Kenyatta Avenue,

P. O. Box 18582 - 00100, Nairobi, Kenya.

2 +254 700 722 522 | **3** +254 722 300 245.

admin@achrp.org | https://achrp.org

NITA: NITA/TRN/1234

Emotional Intelligence at the Workplace Training

Date	Time	Duration	Venue	CPD	Cost (Excl. VAT)PP
16th Nov, 2024	08:30 AM-11:30 AM	3 Hour(s)	Webinar, Zoom	1	1,500.00

Course Overview

IHRM: C00259

This webinar is designed to help you understand and improve your emotional intelligence (EI) at work. You will learn how to use the five realms of EI: the intrapersonal realm, the interpersonal realm, the adaptability realm, the stress management realm, and the general mood realm, to enhance your self-awareness, self-regulation, social awareness, and social skills.

Course Objectives

By the end of this program, participants will be able to;

- Define EI and its importance and benefits for work performance and well-being
- Identify the five realms of EI and their components and indicators
- Assess your EI using various tools and methods, such as self-assessment, feedback, and reflection
- Apply various strategies and techniques to improve your EI in the five realms, such as self-talk, empathy, problem-solving, relaxation, and gratitude
- Use your EI to communicate effectively, build relationships, manage conflicts, cope with stress, and foster positive emotions at work

Target Groups

This training is suitable to a wide range of professionals but will greatly benefit;

- HR Professionals
- People Managers
- HR Executives

Video Link(s)

Module Title	Video Link
Emotional Intelligence at the Workplace	https://www.youtube.com/watch?v=fQyH7b_M6tA

Den Mathitu

CHRP. Den PN Gathitu Secretary General

Academy of Certified Human Resource Professionals



DATE: 03:11:2025

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PROFORMA INVOICE

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GROS	S: One Thousand Seven Hundred Fo	orty			1,740.00					
PAYMENT DETAILS										
Pay Bill No: 247247 Account No.: 300245 Amount: KES 1,740.00										
Bank Name: Equity Bank Account Name: Academy of Certified Human Resource Professionals Ltd Account Number: 1 2 9 0 2 7 1 2 4 5 7 5 3										
NOMI	INEE DETAILS									
We wi	sh to Nominate our employee(s) list	ed below to at	ttend the above	training:						
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Ι, the ι	undersigned, authorize this nominat	ion and confi	rm that funds ar	re available for t	his training.					
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Organization KRA PIN: Signature:										
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	Email this	document to	admin@achrp.o	rg						
	NB: No credit facilities.	Full payment	is required befo	ore participation						