

EMOTIONAL INTELLIGENCE (TEQUIe)

Benefits of Emotional Intelligence (TEQUIe)

Emotional Intelligence will increase individuals' ability to

- Influence people
- Show empathy to people
- Have emotional self-control
- Show confidence and project themselves as approachable
- Assess their own emotions.

Objectives of an Emotional Intelligence (TEQUIe) One to One

The One to One will help individuals to:

- Understand Emotional Intelligence
- Have a better insight into their individual emotions and how to react to them
- Consider their working relationships and how to manage their Emotional Intelligence more effectively
- Identify how to increase/enhance their personal Emotional Intelligence

Who is eligible for an Emotional Intelligence One to One?

Any member of RAS staff (Research, Academic or Teaching terms & conditions) is invited to apply for an Emotional Intelligence One to One using this [link](#) (approval is required from the individuals Line Manager or Head of Department or Principal Investigator).

We do not accept applications from postgraduate or research students. Students should refer to the [Student Career and Skills](#) website for details of One to Ones designed specifically to meet their needs.

RAS Staff Emotional Intelligence (TEQUIe) One to One

Upon acceptance individuals

- Will be asked to complete a personality questionnaire containing 104 choices which takes approximately 30 minutes to complete
- The responses from the participant are analysed and a report produced. This report has 4 categories
Managing Feelings
Managing Relationships
Feelings and Emotions
Personal insight
Click on the link to view an example of the report - [Emotional Intelligence report](#)
- On receipt of the completed report a One to One meeting with a fully trained member of University of Warwick staff is organised by LDC. At this One to One the report is discussed in depth helping delegates to understand their personal Emotional Intelligence, their individual needs and how to manage themselves more effectively.

The Cost

If this Emotional Intelligence One to One is part of the individuals DPR or a need identified by their Line Manager, Head of Department or Principal Investigator, the cost is covered by the Learning and Development Centre. If it is not a requirement of the individuals DPR the individuals department will be expected to cover the cost. Individuals are welcome to fund themselves or via their grants. The cost of an Emotional Intelligence One to One is £55 + VAT and the One to One meeting £120.

Length of the One to One

One meeting lasting approximately 1.5hrs.

[To book](#) an Emotional Intelligence One to One use this link

For further details or any questions please email Sandra.Sparks@warwick.ac.uk