



EMOTIONAL

INTELLIGENCE

For your professional
and personal life

How many times did you plan to say something or speak about a certain topic, but other thoughts overcame you and the moment passed by? Or, you could not come up with a suitable response to a comment or a gesture at the moment. We all face such situations, and we wish that we had better control over our emotions.



SkillMast is the
Microlearning Division of BRASI

In this course, you will use useful information and practical skills which can lead you to better control over your emotions in a social or work situation for better results and respect.

The course contains a course overview, video lesson, print-ready booklet, and quiz to reinforce your understanding of the course material. Your certificate will be uploaded to your account once you complete the course. Learning Objectives of this course are as follows:

- Emotional Intelligence: The Key to Success
- Case Studies of Successful EQ Implementation
- Evolution of the concept
- ROI of Emotional Intelligence in business
- The Five Components of Emotional Intelligence
- Social and Interpersonal Aspects
- Developing Emotional Intelligence
- Emotional Intelligence and Mental Health
- The Neuroscience of Emotional Intelligence
- Emotional intelligence Applications in the Workplace
- EQ in the Future

This course is available for online review on a self-paced basis. Access to the course materials is activated upon signing up. The learning resources include the following:

- Course booklet
- Video lesson
- Quiz

The certificate is uploaded to the student's account upon completion of the course. Each certificate carries a unique identification number and is valid for life.

For further information, please use the Contact Us form on the BRASI's website www.braso.org



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