

Social Intelligence Workshop

Course Duration 1 Day

Social Intelligence is about understanding your environment and having a positive influence. Your participants will become more confident in their social situations by learning how to express and interrupt social cues. They will create positive connections and increase their influence during social situations.

Increasing Social Intelligence will provide benefits throughout their professional and personal lives. It is a fantastic tool for coaching and development as people will learn “people skills”. Improving social skills through active listening, understanding body language, and being more empathic will give your participants the advantage in their interactions. Social interactions are a two way street, know the rules of the road!

Course Objectives

At the end of the course participants will be able to:

- Be aware of our own behaviours
- Learn to be empathetic with others
- Know tools for active listening
- Effectively communicate interpersonally
- Recognize various social cues
- Determine appropriate conversation topics
- Know various forms of body language

Course Outline

Increase Your Self Awareness

Remove or Limit Self-Deception
Ask For Feedback
Be Open to Change
Reflect On Your Action

The Keys to Empathy

Listening and Paying Attention
Don't Judge
Shift Your View
Don't Show Fake Emotions

Active Listening

Attunement
Don't Jump to Conclusions
Shift Your Focus
Don't Discount Feelings

Insight on Behaviour

Perception
Facts vs. Emotions
Online Communication
Listen and Watch More

Communication

Give Respect and Trust
Be Consistent
Always Keep Your Cool
Observing Body Language

Social Cues (I)

Recognize Social Situations
The Eyes Have It
Non-Verbal Cues
Verbal Cues

Social Cues (II)

Spectrum of Cues
Review and Reflect
Being Adaptable and Flexible

Personal Space Conversation Skills

Current Events
Conversation Topics
Cues to Watch For
Give People Your Attention

Body Language

Be Aware of Your Movements
It's Not What You Say – It's How You Say It
Open vs. Closed Body Language
Communicate with Power

Building Rapport

Take the High Road
Forget About Yourself
Remembering People
Ask Good Questions