

**Course Overview:**

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 Objective:**

- Be aware of our own behaviors
- 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
- The Keys to Empathy
- Listening and Paying Attention
- Active Listening
- Insight on Behavior
- Communication
- Social Cues
- Recognize Social Situations
- Review and Reflect
- Conversation Skills
- Body Language
- Be Aware of Your Movements
- Building Rapport
- Take the High Road
- Forget About Yourself

**Who Should Attend:**

This programme is designed for all managers, leaders & professionals who need to have in-depth knowledge of human behaviors

**Training Language:**

EN / AR

**Training Methodology:**

- Presentation & Slides
- Audio Visual Aids
- Interactive Discussion
- Participatory Exercise
- Action Learning
- Class Activities
- Case Studies
- Workshops
- Simulation