

Emotional Intelligence

A Framework for Professional Growth

Duration: **One day intensive**

Time: **9:00 AM – 4:30 PM (with breaks)**

Individual Registration: **\$895 AUD (plus GST)**

Course Description

In today's workplace, technical skills are only part of the equation for success. Emotional intelligence – the ability to understand, manage, and harness emotions effectively, has become the defining trait of top-performing professionals and leaders. From fostering collaboration to navigating complex relationships, emotional intelligence sets the foundation for personal and professional excellence.

Take part in this insightful course, led by Clinical Psychologist Nesh Nikolic, to explore how emotional intelligence can enhance growth, leadership, and resilience. Through practical strategies, interactive exercises, and real-world examples, you will develop the skills to lead with empathy, communicate effectively, and build stronger workplace relationships.

Key Learning Outcomes

By the end of this course, participants will:

- Elevate Self-Awareness and Self-Management:** Recognise emotional triggers and master strategies to stay composed and effective in high-pressure situations.
- Enhance Communication and Influence:** Build stronger connections through empathy, active listening, and adaptive communication styles.
- Cultivate High-Performing Teams:** Foster a culture of trust, collaboration, and emotional resilience within teams and organisations – no matter their size.

Why Attend This Course?

- Develop emotional intelligence skills to enhance your professional effectiveness.
- Gain practical tools and strategies you can implement right away.
- Engage with peers in a dynamic and interactive learning environment.

Topics Covered

- 1. The Foundations of Emotional Intelligence**
1. What is emotional intelligence and why is it essential for professional success?
- 2. Self-Awareness and Emotional Mastery**
Identifying emotions and managing them effectively.
- 3. Empathy as a Leadership Superpower**
Building trust and rapport with colleagues and stakeholders.
- 4. Communicating with Emotional Impact**
Strategies to influence, inspire, and motivate others.
- 5. Conflict Management and Resolution**
Turning difficult conversations into opportunities for connection.
- 6. Developing Emotional Intelligence for Long-Term Growth**
Tools and techniques to integrate emotional intelligence into daily work life.



About the Presenter

Nesh Nikolic is the Managing Director and Principal Clinical Psychologist at Strategic Psychology, with over 17 years of experience and approximately 25,000 hours of consulting practice. He has presented at universities, health institutions, and other professional forums, including TEDx events at the University of Western Sydney and in Canberra.

His engaging, relatable, and insightful approach has made him a sought-after speaker and trainer, known for turning complex psychological principles into practical, actionable strategies. Nesh's experience spans resilience, mindfulness and emotional intelligence, helping professionals reach their full potential.