



DFES General Circular No: 106/2024

File: D24304

23 July 2024

ONLINE WORKSHOP – EMOTIONAL INTELLIGENCE AT WORK

How we manage our emotions and empathise with other people can have a dramatic impact on our effectiveness at leading and achieving results.

In this emotional intelligence workshop, you will:

- Discover practical strategies to understand and regulate your emotions effectively, enabling you to navigate challenging situations with resilience and strength.
- Learn how to foster a culture of positive mental health within your team, promote wellbeing and productivity.
- Gain insights into responding compassionately to traumatic situations while promoting empathy and understanding among team members.

Whether you are a leader striving to enhance workplace dynamics, or an individual committed to personal growth, this course offers invaluable tools for success.

This online workshop will be conducted over 2 half-days and will be facilitated by Charlotte Ingham-Ellery from EEO Specialists.

Date: Thursday 8 and 15 August 2024 (must attend both sessions)

Time: 9am to 12pm

Location: Microsoft Teams

Cost: No charge

Register: If you are interested, please book through [Eventbrite](#). Be quick, there are only 16 spots left in this workshop.

If you have any questions, please email inclusion@dfes.wa.gov.au.

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