

NEW



SAICE Academy Mastering Soft Skills as an Engineering Professional – Building Your Emotional Intelligence

0,1 CPD POINTS

SAICEEL25/04092/28

SAICE is an ECSA Approved CPD Service Provider



Presented By: SAICE Volunteers

Fully On-Line

Unlock Your Potential Through Powerful Self- Questioning

Emotional Intelligence (EQ) is not a fixed trait, but a practice developed through self-awareness and reflection. In the demanding world of engineering, mastering your emotions and understanding others is crucial for career success, improved decision-making, and stronger relationships.

This insightful course, *"Mastering Soft Skills for Engineering Professionals: Building Your Emotional Intelligence,"* brought to you by SAICE Academy, guides young engineering professionals on a journey of self-discovery to build their EQ.

Why Emotional Intelligence Matters for Engineers

While technical skills are fundamental, EQ is often the differentiator that propels engineers to leadership and lasting impact. This course will help you understand why EQ is vital, leading to:

Better Relationships: Understanding your own emotions helps you connect deeper with others.

Improved Decision Making: Processing emotions leads to clearer, more balanced choices.

Enhanced Career Success: Research shows EQ can be more valuable than IQ in professional settings, potentially increasing earnings.

Effective Communication: Overcome communication breakdowns by understanding emotional nuances.



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What You Will Learn: Powerful Questions to Build Your EQ:

This course focuses on asking better questions about your emotions to create space for growth instead of reaction. You will explore seven powerful questions:

1. **What emotions am I feeling right now and why?** Expand your emotional vocabulary and manage what you can name.
2. **What triggers strong emotional reactions in me?** Identify and understand your emotional triggers to prevent autopilot reactions.
3. **How do I handle criticism or feedback?** Develop emotional maturity to use feedback as fuel for growth, not defensiveness.
4. **What motivates me to achieve my goals?** Discover your intrinsic and extrinsic motivators for sustainable drive and resilience.
5. **How do I respond when someone shares their emotions with me?** Learn to create psychological safety, practice active listening, and validate emotions.
6. **How do I stay motivated when I face setbacks?** Build emotional resilience by viewing failures as temporary and obstacles as part of the journey.
7. **How do I build rapport and connect with others?** Cultivate authentic presence, curiosity, and appropriate vulnerability to foster strong connections.

Putting It Into Practice: Your EQ Toolkit

The course provides practical tools to integrate EQ into your daily life:

- Emotion Journaling: Track emotions, triggers, and responses.
- Weekly Reflection: Dedicate time to self-questioning and insights.
- Daily Check-ins: Assess your emotional state and make adjustments.
- Feedback Partners: Exchange honest observations with trusted colleagues or friends.

Course Benefits for Engineering Professionals

By mastering these EQ principles, you will:

- Outperform peers with higher job performance.
- Earn a significant salary premium.
- Exhibit traits common among top performers.
- Build stronger, more satisfying relationships.

Enrol now and redefine your professional journey!

- No need to take any time off work
- No travel and or accommodation costs
- No lost productivity costs