

EMOTIONAL INTELLIGENCE: UNDERSTANDING OURSELVES AND OTHERS

EXPRESSION OF INTEREST FORM 2019

WHAT IS EMOTIONAL INTELLIGENCE: UNDERSTANDING OURSELVES AND OTHERS?

This 2-part workshop explores emotional intelligence: the ability to identify and manage one's own emotions, as well as the emotions of others. Emotional intelligence can impact your ability to manage effective relationships and is a quality often sought by employers.

In this workshop, participants will use the TICK behavioural questionnaire to understand their communication style, and to "pick" the style of others they deal with each day. In understanding your own style you can leverage your style strengths and determine strategies to limit your potential hindering behaviours to build better relationships and gain better work outcomes. In understanding the styles of others you can learn to adapt your own style behaviours to assist better working relationships and outcomes.

WORKSHOP REQUIREMENTS AND DATES

The workshop is delivered across two 3-hour sessions. Prior to session one, participants will be required to complete the TICK behavioural questionnaire which should take no more than 15-20 to complete. Participants are then expected to attend both workshop sessions in full.

The next workshop is scheduled for **4 October (session 1) and 11 October 2019 (session 2)** and will be held on the **North Terrace** campus.

WHO DELIVERS EMOTIONAL INTELLIGENCE: UNDERSTANDING OURSELVES AND OTHERS?

This workshop is delivered by Kathy Pillion, Director at SG Learning & Development. Kathy has more than 30 years of experience as a Human Resources Consultant and facilitator, and throughout her career has provided leadership development, career coaching and organisational change consultancy to a diverse client base.

Over the course of her career Kathy has designed, developed and delivered executive leadership programs and performance management processes, delivered executive coaching, and consulted on organisational development initiatives both in the private and public sector, including our SA Universities.

HOW DO I APPLY AND WHAT IS THE SELECTION CRITERIA?

Please fill in this questionnaire then email to carst@adelaide.edu.au by **COB Friday 13 September 2019**.

30 HDR students whose objectives align with the aims of the program will be selected to participate. The workshop is **intended for late candidature stage** HDR students and preference will be given to students in this candidature stage. Successful students will be notified via email.

Deadline for applications: COB Friday 13 September 2019
Submitting your application: Complete the application form and submit electronically to carst@adelaide.edu.au
Notification of outcome: The University expects that applicants will be notified of the outcome on 23 September 2019.
Contact: carst@adelaide.edu.au

1. Applicant details	
Name:	
ID Number:	
Email:	
Phone/Mobile:	
Faculty:	
School:	

2. Degree
What degree are you completing?
<input type="checkbox"/> Doctor of Philosophy <input type="checkbox"/> Master of Philosophy <input type="checkbox"/> Other (please specify) _____

3. Candidature stage
What is your current candidature stage?
<input type="checkbox"/> First year <input type="checkbox"/> Second year <input type="checkbox"/> Third year <input type="checkbox"/> Fourth year or more

4. Motivation

What motivated you to apply to participate in Emotional Intelligence: Understanding ourselves and others?

5. Objective

What do you hope to achieve from participating in Emotional Intelligence: Understanding ourselves and others?

6. Commitment

Please indicate that you are willing to complete the behavioural questionnaire and can attend both workshop sessions in full (see page 1 for dates).

- Yes I can commit
- No I cannot commit

7. Signature of applicant

Ensure you tick the box and insert electronic signature below:

- I have received approval from my supervisor to take part in this workshop

Name:

Date: