



Bar-On EQ-i Accreditation Workshops

On Demand – Customised – Flexible

1 to 1 Tuition or Small Groups

WHAT IS INVOLVED IN THE BAR-ON EQ-i ACCREDITATION TRAINING?

Based on over 20 years of research by Dr Reuven Bar-On and tested on over 110,000 individual's world wide (and rising rapidly), the Bar-On EQ-i is the most validated measure of emotional intelligence in the world. Emotional Intelligence is not only about being able to understand your own feelings, but it is also about being able to tune into how others are feeling around you, and act on that positively. The Bar-On EQ-i is based on a whole person approach which focuses on the health and well being of the individual whether in their personal lives or at work. Once your training is completed you will receive a Certificate from MHS UK, this will enable you to purchase, administer, score, interpret, and feedback EQ-i results to your employees, or clients. To help you with providing feedback you will have a choice of four EQ-i Reports: The Summary, Developmental, Resource, Group Report and Leadership Reports.

Below are the 5 realms and 15 subscales of emotional intelligence which you will be trained on:-

Intrapersonal EQ	Interpersonal EQ	Stress Management	Adaptability	General Mood
Self-Regard	Empathy	Stress Tolerance	Reality Testing	Optimism
Emotional Self-Awareness	Social Responsibility	Impulse Control	Flexibility	Happiness
Assertiveness	Interpersonal Relationship		Problem Solving	
Independence				
Self-Actualisation				

Who should attend

Accreditation Workshops are recommended for professionals in the areas of:-

- * Careers Guidance/Counselling
- * Management Development
- * Organisational Development
- * Personal Development
- * Executive Coaching
- * Training

Pre-Workshop Preparation

All participants will be expected to undertake **vital** pre-workshop reading and complete self-tests. There will be a knowledge test during the workshop. You will also have the opportunity to complete the Bar-On EQ-i Online and receive feedback of your EQ-i results along with a Developmental Report.

Training Objectives

- Become knowledgeable about the EQ-I and comfortable with the scales and their definitions.
- Gain understanding of the science behind the assessment and report components.
- Learn to interpret the results.

- Become familiar with ethical issues involved in administering assessments and providing feedback.

1 Day: This is a Conversion course for BPS Level B Certificate Holders in Occupational Testing.

1 Full Day with distance learning: This is a Customised 1 to 1 accreditation training for individuals who have either BPS Level A in psychometrics, may have a stats degree, or have received training on the MBTi.

1 and Half days: Customised 1 to 1 tuition for Individuals with No Psychometric Test Knowledge.

2 Days: Small Groups with Little or No Psychometric Test Knowledge.

For group or individual training costs, booking form, available dates, or more information about gaining Certification on the Bar-On EQ-i, please Email: Dorothy@careerperformance.co.uk or telephone **Dorothy Spry on: 01727 833 439**.