



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Emotional Intelligence for Self and Others Management

Business, Commerce and Management Studies / Generic Management

Unit Standard 252031 · NQF Level 5 · 4 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the principles and concepts of emotional intelligence to effectively manage themselves and others in a professional environment. Participants will develop self-awareness, self-regulation, empathy, and social skills to enhance interpersonal relationships and workplace performance.

Category	Business, Commerce and Management Studies
Subfield	Generic Management
Unit Standard	252031
Accreditation	SAQA Accredited · NQF Level 5 · 4 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply emotional intelligence principles to enhance self-awareness and self-management.
- Analyze emotional cues in self and others to improve interpersonal communication.
- Evaluate the impact of emotional intelligence on team dynamics and workplace relationships.
- Implement strategies to manage emotions and respond empathetically to others.
- Demonstrate effective social skills to build trust and collaboration within teams.

WHO SHOULD ATTEND

- This course is designed for managers, team leaders, supervisors, and professionals who seek to improve their emotional intelligence to lead teams and manage workplace relationships more effectively.

COURSE OUTLINE

Day 1: Foundations of Emotional Intelligence for Self and Others

- Introduction to emotional intelligence: models and relevance.
- Self-awareness: identifying emotions, strengths, and weaknesses.
- Self-management: techniques for regulating emotions (e.g., mindfulness, reframing).
- Social awareness: empathy, organizational awareness, and service orientation.
- Relationship management: communication, conflict resolution, and teamwork.
- Practical application: case studies and role-plays.
- Integration: creating a personal EI development plan.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **4 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 13,400.00	R 13,400.00
1	In-House	R 17,400.00	R 17,400.00
1	On-Campus (Pretoria)	R 20,200.00	R 20,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
07 Aug 2026	07 Aug 2026	On-Campus	Mauritius
10 Aug 2026	10 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	11 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Abu Dhabi, UAE
13 Aug 2026	13 Aug 2026	On-Campus	Durban, South Africa
13 Aug 2026	13 Aug 2026	On-Campus	Mauritius
14 Aug 2026	14 Aug 2026	On-Campus	Cape Town, South Africa
17 Aug 2026	17 Aug 2026	On-Campus	Pretoria, South Africa

Contact us if no suitable date is listed — on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 252031) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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