

Raising Awareness & Building Resilience

Whether you are a manager or want to increase your individual performance (or both), this program will teach you the foundational principles and brain science of Emotional Intelligence (EI).

So what is Raising Awareness & Building Resilience

Why do smart people fail? Why do technically brilliant individuals have trouble managing others and collaborating on a team? It is not because they lack intelligence or technical skills. Far from it. What they lack is a critical level of Emotional Intelligence (EI) and the ability to manage their own emotions and others' when they are under pressure.

An intensely practical 1 day workshop designed to accelerate the practice and understanding of emotional intelligence and mental resilience. The workshop examines the science of emotional intelligence (EQ) and the compelling business case to become more mentally tough.

Participants will learn and practice a wide range of proven interventions to develop each of the 4 quadrants of Emotional Intelligence.

Emotional Intelligence Framework

- Understanding Self
- Managing Self
- Social Awareness
- Relationship Management

Pre & Post Workshop

Emotional Intelligence Assessment
Produce workable Emotional Intelligence plan to increase your EI.

Certification

Certification of Competence on completion of EI development plan.

Workshop Objectives



During this 1 day workshop participants will:

- Discover what emotional intelligence (EI) is and why it matters.
- Learn and apply proven interventions to develop each of the 4 EI Quadrants & Mental Resilience
- Learn how to manage behaviours that hold you back from optimal performance: Outburst; Anger; Stress; (Emotional Hijack)
- Understand the key strategies for building and maintaining energy levels at work
- Learn how to utilise emotional strengths that build effective and productive business relationships
- Discover how to read people accurately and hear what they are "really" saying. Improve social awareness.
- Learn how to switch off the internal voice.

Key Benefits for You and Your Organisation

- The benefits of having emotionally intelligent people are numerous. Emotionally intelligent people are **more** confident, more motivated, more committed to the purpose of their organization and better able to apply their unique skills to the tasks at hand. In addition to being more willing to share their creative ideas, emotionally intelligent people build better relationships both with colleagues and clients.

People-
Centric the
difference
that makes the
difference in
training