



EMOTIONAL Intelligence

THE IDEA

Much of a person's success is based on their ability to be in touch with, monitor, and effectively manage their responses to a variety of interpersonal interactions. This is referred to as Emotional Intelligence (EI). The measure of EI is a powerful predictor of success, and it can be improved through training, awareness, and deliberate action.

Understanding where we have healthy, under-functioning, or even over-functioning qualities in various EI scales is the first step in becoming more effective in the roles we play both professionally and personally.

Participants will gain an understanding of key concepts and reflect on how they apply to them through interactive presentations and discussion. From there, they will create action plans in areas they feel are most relevant and important to them right now.

THE DETAILS

- Participants will complete a pre-workshop EQi2.0® psychometric assessment and receive a comprehensive, personalized report based on their responses
- Lightly active team challenges
- Presentation of current theories and models on the brain and emotional functioning
- Periods of self-reflection and facilitated discussions will support the model and help participants zero in on the EI scales they will choose to develop first in their action plan
- Can be modified and delivered as a 90 min, half-day, full-day, or multi-day workshop

TRAINING WORKSHOPS



You understood our requirements and delivered a program that was met with resounding applause. Your session has been reported as one of the highlights of our national meeting.

Kim Katz

Director Client Operations Training
Telus Mobility



THE RESULTS

- Learn about the emotional competencies of leadership and team work
- Learn about your own level of emotional functioning in 15 different areas
- Develop strategies to leverage the EI areas where strengths are already well developed as well as manage responses when dealing with emotion-laden interactions with others
- Create an action plan to improve emotional functioning in one or two most relevant areas

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