



# LEAD, EMPOWER Thrive with EI

The objective of this program is for attendees to develop leadership skills that enable higher engagement. Increased confidence in communicating, solving problems and making decisions are outcomes that make a real difference in leading and managing others.

## OUTCOMES

- ✓ Understand Emotional Intelligence
- ✓ Becoming a More Self-aware and Engaging Leader
- ✓ Inspire Greater Performance

## VIRTUAL LEARNING SCHEDULE

### SESSION 1 - 2HRS

Learn about neuroscience and emotions and being self-aware. Develop decision making skills.

### SESSION 2 - 2HRS

Explore techniques for enhancing awareness of others and being empathetic and connective.

### SESSION 3 - 2HRS

Develop authenticity and expressive communication. Learn a model for challenging conversations.



Contact Us  
**0409 145 898**



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Business Performance is a  
product of its people.



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## VIRTUAL LEARNING SCHEDULE

### SESSION 4 - 2HRS

Explore emotional reasoning and how to use it for problem solving and decision making.

### SESSION 5 - 2HRS

Learn about self management and wellbeing and how it impacts our behaviour. Practice resilience strategies that work for you.

### SESSION 6 - 2HRS

Link our skills in human motivation to how we enhance the motivation and performance of our teams.

This program is for people leaders. It will help them develop emotional intelligence to improve self-awareness, empathy, influence and wellbeing.

Leaders learn to better connect with others and drive better collaboration, talent retention and engagement.

Business outcomes include decreased staff turnover, increased psychosocial health, stronger communication and greater engagement and performance among teams.

All sessions are conducted via Microsoft Teams or Zoom and each participant needs access to a laptop with camera and microphone for full interactive experience.

Our groups are intentionally small to enable individual support and communication. We balance that with an element of interaction and group activities.

Our program includes an Introductory session, digital workbook and an individual Emotional Intelligence 180 report.



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