



# EMOTIONAL Intelligence

## Leader as Coach

The objective of this program is for attendees to feel more confident in conducting coaching conversations with skill and emotional intelligence. They'll develop interpersonal competencies, and practice using tools and techniques for planning, structuring and conducting effective workplace coaching sessions.

### OUTCOMES

- ✓ Learn Emotional Intelligence and gain feedback
- ✓ Develop a coaching mindset
- ✓ Apply communication skills
- ✓ Practice techniques for coaching conversations

### VIRTUAL LEARNING SCHEDULE

#### SESSION 1 - 2HRS

Understand impact and dimensions of coaching. Use a coaching framework and avoid traps

#### SESSION 2 - 2HRS

Explore neuroscience and emotional intelligence and apply the mindset to coaching

#### SESSION 3 - 2HRS

Explore empathy and creating insight. Develop powerful communication skills



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**0409 145 898**



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Business Performance is a product of its people.



# EMOTIONAL Intelligence *Leader as Coach*

## VIRTUAL LEARNING SCHEDULE

### SESSION 4 - 2 HRS

Examine behaviour styles and the importance of agility in coaching.  
Investigate triggers of pleasant and unpleasant emotions.  
Ensure that the concepts learned are ready for application to coaching.

This program helps leaders become powerful, emotionally intelligent coaches who get the best out of people. Leaders as coaches improve emotional intelligence in the workplace overall.

Skills developed:

- How to develop authenticity and trust in interactions.
- How to use self-awareness and active listening to be truly 'present'.
- The skill of asking powerful questions to facilitate insight and follow a conversation framework for constructive coaching conversations.
- How to guide conversations to actions and commitments.

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. This is balanced with interaction and discussion activities.

All participants receive a digital workshop and individual Emotional Intelligence report



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