



APPLIED EMOTIONAL Intelligence

The objective of this program is for attendees to feel more confident and capable in applying emotional intelligence in their work and life. Participants learn to manage emotions in a way that enhances their decisions, behaviour and performance.

OUTCOMES

- ✓ Understand Emotional Intelligence
- ✓ Become more Self-aware
- ✓ Increase Productivity and Engagement
- ✓ Better Decisions and Performance

VIRTUAL LEARNING SCHEDULE

SESSION 1 - 2HRS

Self-Awareness: emotions, triggers, behavioural responses and choices.

SESSION 2 - 2HRS

Awareness of Others: empathy, viewing situations, responding, communicating and influencing.

SESSION 3 - 2HRS

Authenticity: expressing feelings, dealing with challenging conversations.



Contact Us
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EMOTIONAL Intelligence

VIRTUAL LEARNING SCHEDULE

SESSION 4 - 2HRS

Emotional Reasoning:
using emotional
information, drawing on
purpose and values,
approaching problems
and decisions.

SESSION 5 - 2HRS

Self Management:
explore wellbeing
improvements,
manage moods and
stress, improve
resilience.

SESSION 6 - 2HRS

Positive Influence:
boost interactions,
respond effectively
coach others through
challenges.

Participants will demonstrate improvement in:

- Psychological safety, resilience and wellbeing to stay centred under pressure and project greater presence and confidence.
- The ability to positively influence the way others feel.
- Understanding the science of emotions and the powerful impact emotions can have on decisions, behaviour, and performance.
- Understanding of oneself and others to better connect, communicate and influence.

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

Our groups are intentionally small to enable individual support and communication. This is balanced with opportunities for discussion and activities.

The Program includes an Introductory session, digital workbook and resources and an individual Emotional Intelligence report .



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