



Emotional Intelligence for Leaders Workshop

Program Overview

The latest scientific research highlights the importance of Emotional Intelligence (EI) as the single most effective business skill of these times. EI is defined as the ability to understand and manage our emotions as well as those around us. One reason communications are not received as intended is because of the emotional charge in the message, which is often louder than the message itself! The overarching aim of this workshop is to increase your effectiveness in conveying critical messages, providing clear directions and delivering words of inspiration and motivation by attaining a higher level of emotional intelligence.

Who Will Benefit

Leaders who want to find a better way to connect and communicate with their team, who find that their messages are not always received as intended, and who realise that effective communication results in more positive and productive team relationships.

Content

Participants will explore the concept of EI as it applies to leaders and take a journey of self-awareness, personal development to uncover a new understanding of their communication style using a variety of exceptional facilitation methods. Prepare to be enlightened!

Learning Outcomes

- A deep understanding that thoughts, behaviours, attitudes and emotions are one's own choice and responsibility
- Rigorously researched techniques that enable control of emotions and environment, rather than the feeling of being controlled
- New ways to relate to and understand your own behaviours and how to interrelate positively with others as a leader
- How to read others using non-verbal clues – this is great for influencing others!

We believe every business is different and a one-size fits all approach will rarely result in the best outcome. We customise this course to suit your unique training needs. The success of our training is in our familiarisation process where we ensure that the solutions we deliver directly relate to your business challenges.

Call us on 1300 305 789 or email hello@aliveandkicking.com.au for a confidential discussion to find out how we can help your people perform better