



Learn to harness the power of your Emotional Intelligence
with our workshop to build:

'Emotionally Intelligent Leaders'

This workshop offers key insights into developing your own 'Winning formula' for successful leadership. You will also learn new strategies designed specifically for you to gain greater personal and professional success and fulfilment.

What are the benefits of this programme?

- Learn what Emotional Intelligence is
- Learn how to read your EQ-I report and what it means
- Learn exactly where and how yours can be improved
- Learn and build on your own EI strengths
- Learn key leadership skills
- Understand what EI skills your role demands
- Learn to self coach towards higher EI
- Gain deep understanding of EQ- i competencies
- Create development strategies you can use everyday

Background for leaders

Leadership is about bringing out the best in yourself to achieve your goals, inspire others to work with you, and bring about successful change and performance.

Up to 90% of success in a senior position is due to higher Emotional Intelligence. You cannot be a great leader without being emotionally intelligent. Most leaders have learnt through experience. You can accelerate your own leadership abilities through EI development in this highly engaging and fulfilling workshop. We'll also share some secrets to success in making EI work for you, including why empathy is a key factor to success.

Background for organisations

80% of staff turnover is due to being poorly managed by line managers. In tough economic times, keeping your top talent, honing it and manifesting your organisation's vision have never been so important. This course offers an excellent framework to hone your people's valuable EI skills to maximise their potential and engagement. It will help them think in new ways and delivers practical strategies to make 'real' differences to the way they work and in their personal life too.



Great leadership comes to 10
Downing Street!

Timing

This workshop runs for one or two days.

Who should attend?

This seminar is designed for people who want to use the power of EI to enhance their leadership.

How many people can attend?

We usually recommend 10 - 14 people for this workshop.

Investment

Our training fees start at £295 per person (ex VAT). This includes personal EQ-i profile and bound workbook (worth minimum of £150).

Investment

This course represents exceptional value to groups who wish to experience the power of the EQ-I and wider Emotional Intelligence training.



In this workshop, we offer awareness of EI through teaching, practice, self questioning and brain-storming of specific EI behaviours. We'll also explain how to read your EQ- i profile and to hone EI talents even further. This well structured course has definitive outcomes and enables the trainee to take control of the changes they want.

Course contents

Emotionally Intelligent Leaders One Day Workshop

- Complete your own on-line EQ – I (completed before Workshop)
- Learn about the EQ – i's 15 components and 5 key areas
- Understand what your EQ- I results mean
- Focus on key strengths and areas of growth
- Understand your own work role in the light of EI
- Use GAP analysis to build your strategy to improve EI
- Brainstorm key scenarios
- Create strategies for dealing with key work/life scenarios
- Gain an overall deeper understanding of EI competencies such as the following areas
 - Reality testing –Size-up a situation well
 - Impulse control –Control and plan better rather than give in to impulse
 - Assertiveness –know the boundaries that work for good communication
 - Decision making – understanding conflicting thoughts and emotion
 - Build better relationships through greater empathy

Suggested Introduction Seminar

To help build awareness and engagement It has been found that this workshop is reinforced by our Introduction to Emotionally Intelligence seminar to (1.5 hrs)

- Understand basics of Emotional Intelligence and the EQ-i
- Understand the process and potential (organisation specific) benefits of the programme
- Discuss and agree the importance of confidentiality and trust for this course

Learning approach

This is a practical and goal-oriented course. It is interactive and designed for a variety of learning styles. Using a detailed workbook we instruct, teach and confirm understanding. We create an atmosphere of trust and sharing amongst trainees. We focus on creating awareness and change through practical skills, which will be available for you to use from the day of the workshop for the rest of your life. Articles to supplement knowledge and learning will also be available. Please note that full trainee engagement in this process will get better results.

Further learning

The ability to be coached on specific areas will be available after the course on request. In addition team coaching and group profiles are strongly recommended which provide invaluable insights into group dynamics and developmental areas. To learn more about other consultancy, training and resources that are available please call **0800 610 2323** or e-mail info@wellnessinsights.co.uk.