

EVERY DAY EMOTIONAL INTELLIGENCE. ♦

Do you show up as a creature of emotion or a creature of logic?

Successful people understand their own feelings and the feelings of others around them. They manage their moods, put themselves in other people's shoes and build rewarding relationships. 95% of us think we are emotionally intelligent like this, but less than 15% are. We expect our leaders to balance the 'neural see-saw' with logic on one side and social skills like empathy and intuition on the other.

It's easy to lead like-minded people, but what about people on a totally different wavelength? Can you control your instinctive fight-flight-freeze response with people that stress you out or annoy you?

Soft skills like these can be hard to learn but they are career game-changers. The good news is that high EQ isn't just for superhumans. Boost yours with these practical techniques and frameworks and watch your relationships thrive.

A practical session, suitable for leadership and all-hands events.



Objectives

- ♦ *Improved sensitivity to difficult people or those who think differently to you*
- ♦ *Better emotional regulation and mood management especially when under pressure*
- ♦ *Enhanced questioning and listening techniques to boost your empathy and understanding*
- ♦ *Become better at balancing logic and emotion in your decisions*

Includes

- ♦ *Working more effectively with neurodiverse colleagues*
- ♦ *Reframing exercise to manage your stress response*
- ♦ *Introspection: using signals from your body to boost self-awareness*
- ♦ *Self-care to improve your emotional intelligence*



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