



Emotional Intelligence

IQ gets you through school – but EQ gets you through life.

EQ At Work

(Keynote, half day & one day formats)

The session was developed using the latest research and data Patterson McGrath & Associates has gathered and created on women and EQ.

IQ gets you through school and EQ gets you through life. Emotional Intelligence is here to stay. Learning how to manage your emotions, understanding your own reactions and the impact we have on others is critical to managing our relationships at home and at work.

Research by the Center for Creative Leadership has found that the primary causes of derailment in executives involve deficits in emotional competence. The three primary ones are difficulty in handling change, not being able to work well in a team, and poor interpersonal relations.

In this powerful session, participants will identify their areas for improving their own EQ. Self awareness is one of the key competencies for improving EQ, understanding how we react and how to manage our emotions in key situations is critical, this session will help achieve that.

Participants will learn the importance of intention and impact and how to manage their own as well as others emotions.

Outcomes:

- ❖ Understand the business case for EQ
- ❖ Learn how to connect effectively with others
- ❖ Understand what drives our emotions
- ❖ Learn how to manage our emotions effectively
- ❖ Develop an action plan for success

This session may include the following components:

- ❖ Assessments
- ❖ Group work
- ❖ Video
- ❖ Individual work
- ❖ Action planning