

# Elevate your Emotional Intelligence

Foster positive relationships - become more self-aware and other aware



## Program benefits:

- Identify and manage emotions to think and act more intelligently
- Be more socially aware to create the emotional climate you wish to create for your team.
- Develop empathy to build stronger relationships
- Guide others to manage their emotions at work to perform effectively

The way we navigate our relationships and stressful situations is often a marker of our success. Developing Emotional Intelligence (EI) skills builds better relationships and helps you work well with others – skills that have clear links to individual performance and the ability to create a positive emotional climate in your team that supports high performance.

This program introduces participants to EI concepts and skills to become more self-aware - to perceive, use, understand and manage emotions intelligently to enable better decision-making.

It also helps you become more other aware - to effectively listen and empathise for greater communication and collaboration with your colleagues and clients.

**Suitable for:**  
Individuals  
Functional/Operational teams  
Leaders, Managers, HR, OD  
Leadership teams

60 min talk  
3 hr workshop  
Full Day program  
Customise

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