



FEELING FORWARD

The Power of Emotional Intelligence



Leadership Training

Learning Objectives

After participating your team should be able to:

- Learn personal triggers and emotional patterns and how to rise above them
- Use calming strategies to help manage conflict
- Recognize non-verbal signals and respond appropriately
- Understand how to develop and employ empathy

Duration

1 day: 9am – 5pm

Number of participants

Maximum participants is 20

Who should attend

While everyone in the organization, regardless of role, discipline or level, will hugely benefit from this workshop, for leaders, Feeling Forward is a MUST.

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About the Workshop

Modern psychology and the science of human dynamics have taught us that intelligence (IQ) is only half of the combination necessary to unlock, interact and connect with people. EI (Emotional Intelligence) is as critical, if not more so, in helping us navigate our way to success both in and outside of business and has been identified as a KEY FACTOR in leadership success. It's that 'thing' that allows us to quickly tap into what we and others are feeling, truly empathize, stay calm in the face of a challenge, and consciously put others' feelings before our own when necessary. And believe it or not, it's a skill that can be actively developed.

Feeling Forward lifts the curtain on both the science of EI and the behaviors necessary to build it. This powerful workshop helps you to recognize your own emotional patterns and triggers as well as understand others' – from self-awareness, self-management, social awareness, through to relationship management.

Learn how to quickly give a name and add context to your own feelings, recognize the triggers that activate your emotional system, and identify the non-verbal cues that speak volumes. We'll show you how to actively shift from your own perspective into someone else's, use calming strategies to help deal with conflict, work with multiple emotions simultaneously, and create an overall EI action plan.

High EI is becoming an increasingly valued and expected ability in leadership. By the end of the session you'll not only have a far deeper understanding of what EI is, but how to use it to become an irresistibly empathetic force for the people around you – and lay the foundation for becoming the kind of leader organizations rave about.

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