

# Emotional Intelligence @ Work

BPS Offices, Tabernacle Street, EC2A 4UE

Friday 13th April 2018,

13:00-16:00 followed by networking drinks

We are dedicating the month of April to emotional intelligence (EI). We have scheduled a number of events to raise awareness of the benefits of EI at work and to demonstrate how the EQ-i 2.0 and EQ 360 can help people to develop these skills.

## Afternoon Agenda:

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| 13:00         | Arrival.   |
| 13:15 - 14:00 | Psysoft will introduce you to emotional intelligence.<br><br>Psysoft will provide an overview of the EQ-i 2.0 & EQ 360 reports.  |
| 14:00 - 14:30 | Guest Speaker: Theresa Coligan.<br>Theresa is an AC accredited Coach with 10+ years board level experience in the advertising industry. She gained EQ-i 2.0 and EQ 360 certification in 2013 and uses the tools extensively. |
| 14:30 - 14:45 | Tea, coffee & biscuits.  |
| 14:45 - 15:15 | Guest Speaker: Nationwide Building Society.<br>Siân Ferguson, Julie Foster and Jackie Bartlett are Engagement and Leadership professionals, coaches and EQ-i practitioners.  |
| 15:15 - 15:45 | Guest Speaker: Rachael Hanley-Browne.<br>Rachael is an executive and systemic team coach with over 20 years' experience in commercial business leadership. She is an advanced MHS EQ-i 2.0 practitioner.                     |
| 15:45 - 16:00 | Q&A. Followed by networking drinks over the road.  |