

Emotional Intelligence Coaching & Workshops

Would your team benefit from developing their emotional intelligence?

Our **Emotional Intelligence Coaching and Workshop packages** might just be for you! We can visit your offices and run a 1-day emotional intelligence workshop for your team. You can combine this workshop with either of our coaching packages so that we can provide your team with on-going additional support as they work to develop their emotional intelligence skills.

Our coaches will work closely with your team to explore their individual results of the assessment as well as raising awareness of how emotional intelligence can help them at work. During the workshop the team can discuss current challenges which are being faced by the business and identify the areas where development would be most beneficial.

Emotional Intelligence Workshop

The delegates will be asked to complete the assessment prior to attending the workshop.

You can choose whether you would like them to complete the EQ-i 2.0, the self-report version which can be used to identify leadership potential and the impact of emotional intelligence on their leadership style, or the EQ 360, the multi-rater version which provides greater insight and helps to identify 'blind spots'.

Once they have completed the assessment they will receive a telephone or Skype one-to-one feedback session to explore the results and to prepare them for the workshop.

During the workshop we will combine theory with enjoyable exercises to engage the delegates in emotional intelligence and help them to develop an appreciation of why it is so useful in the workplace.

The workshop can be tailored to address the needs of your organisation with exercises centred around your current challenges. For example, if you select the **Emotional Intelligence Coaching for Leaders** package we can include exercises which illustrate the role of emotional intelligence in leadership. Alternatively, if you select the **Emotional Intelligence Coaching with 360° Insight** package we will concentrate more on the value of increased self-awareness and how team members' individual development can impact the wider organisation.

The workshop will also include an action planning session where delegates' work with their own results to identify areas where developing their emotional intelligence skills will be of most benefit to both themselves and the organisation.

Following the session each delegate will receive on-going support in the form of two follow-up meetings with their coach to review their progress with their action plan.