

Course Outline:

The High EQ Professional - Personal Leadership and Mastery

Delivery Format

Live online or live in-person.

Who Should Attend

General.

Duration

2 days.

Course Aim

Research has shown that “star” performers - those who achieve the most and are most fulfilled at the workplace - are distinguished by their emotional intelligence. EI is defined as a “form of social intelligence that involves the ability to monitor one’s own and other emotions, to distinguish among them and to use this information to guide one’s thinking and action” (Salovey and Mayer, 1990).

People who are high in emotional intelligence have a clear view of what’s most important to them, where they’re headed and the discipline and motivation to get there, overcoming obstacles in their journey. They hold themselves accountable to realising their full potential and are able to harness the emotional resources within them – their passion, patience, empathy and determination – to not just scale exceptional heights but to also enjoy the journey.

This interactive, inspiring workshop will equip participants with the practical application of key emotional competencies relating to personal leadership and mastery at the workplace to create and sustain exceptional outcomes.

Benefits of Attending

Participants will experience the following benefits:

- Learn what affects you emotionally, how to exercise self-control and turn disempowering into empowering emotional states
- Get greater clarity of your personal vision for your career and how it aligns with your organisation’s mission
- Discover what it is you are most passionate about and bring this passion, energy and drive to the workplace
- Develop a better understanding of your strengths and non-strengths, what makes you unique and use this knowledge to understand what you’ll be best at, what you can improve and what you should learn to delegate to achieve optimal outcomes
- Leave with practical tools to deepen your self-confidence to master new skills, take on new challenges and adapt to change

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- Renewed sense of purpose and energy and to be able to infect your colleagues and teams with this

What It Covers

The workshop will cover:

- An introduction to emotional intelligence
- The habits and mind-set that distinguish peak performers from the others
- Your physiology and its effect on your energy levels
- Understanding what makes you tick
- How to create the most empowering “emotional states” to have a positive effect on yourself and others
- How to develop an empowering vision for your career
- Learn to identify and overcome limiting beliefs
- Practice tools and strategies for conditioning your mind for success
- Build self-confidence, overcome anxiety and procrastination
- Switching on your key assets – your internal drive and passion
- How to set and achieve goals purposefully and effectively
- How to deal with change, adversity and setbacks with confidence and poise

Delivery Strategy

The learning has been structured as two days of interactive workshops led by our experienced trainers. The workshops will contain a series of power point slides, accompanying information, written activities and reflective tasks and videos.

Testimonials

"An extremely well-presented course by a presenter, who is able to engage with his audience. Dom has clearly been there and done "that" and used the very principals he teaches on this course to improve and change his life for the better."

"By applying the principals learned on this course, I am very confident that I can improve my leadership ability in the workplace and, also improve my life and achieve more."

"What a great day to look at life from a different perspective, opens your eyes to the world. I will employ these tactics to improve every aspect of my life. Thank you Dom."

"Dom's inclusion of life experiences gave significant credibility to the theories presented. Outstanding and dynamic."

Formal Certification

All attendees of this course will be eligible to receive a Certificate of Attendance from EQ Strategist.