

# Emotional Intelligence (EQ) in the Workplace: 2 Day Seminar



## PERFECT BALANCE CONSULTING

The pandemic has hit everyone hard and has led to a fundamental change in the way people live and work. More than ever, people are suffering **mental health challenges** from social isolation, working from home, breakdown of their usual working structure, fear of contracting the virus, general frustration and anxiety over the state of our planet...the list goes on.

Organizations and society as a whole are in need of strong, **compassionate leaders** more than at any time in history. Understanding and helping to build high performing teams in our current remote working environment will require behavioural changes that will cause our leadership skills to be heavily tested. Yet behavioural changes are difficult and take practice over a long period of time.

Emotional intelligence is at the core of being able to make these behavioural shifts and help you achieve your potential to become a more inspirational and compassionate leader. Research shows that EQ accounts for nearly 90% of what sets high performers apart from others with similar technical skills and knowledge. The Perfect Balance Consulting © **Emotional Intelligence (EQ) in the Workplace seminar** is designed to help maximize those EQ skills that characterise the most accomplished leaders. The program's practical approach provides the foundational skills that, when combined with business acumen, will become an essential toolkit for any aspiring leader.

### In this practical, interactive and exercise based course you will:

- Gain insight into the concept of EQ and how self-awareness can positively impact your emotional responses;
- You will gain insight into how a growth mindset can radically alter your approach to adversity and failure;
- Develop your resilience and mental strength to become a more assertive communicator and negotiator;
- How to build productive relationships, trust and influence in your organization;
- Understand how empathy can be such a valuable tool for conflict resolution and building a strong team;
- Understand the principles and values that enable you to achieve status as an inspiring, authentic and compassionate leader.

### Who should attend:

- This program is designed for any aspiring manager from all industries interested in how to enhance their own leadership and EQ qualities to support themselves and to leverage those skills to get the best performance from their teams.
- Any professional whether in a leadership position or not, that is interested in exploring new insights into how to learn new skills and use EQ to dramatically improve their relationships, performance and job satisfaction.

### About the Facilitator:

Paul spent over 25 in the field of corporate governance both in house and as a professional services consultant in the United Kingdom, Canada, Caribbean and the Middle East. This included governance services to Mid-Cap and Large-Cap companies in Europe, North and South America and the Caribbean region. Paul's legal and governance background has led to assignments with a diverse range of boards and senior management teams.

Paul's extensive experience of corporate life and research into emotional intelligence (EQ) fired in him a deep passion for how EQ could be applied to provide better working environments and better job satisfaction. Through his new consulting practice, Perfect Balance Consulting ([www.perfectbalanceconsulting.ca](http://www.perfectbalanceconsulting.ca)), Paul is on a mission to help organizations build a leadership culture that values the employee and their contribution, and supports them to be more engaged and productive; and individuals build better, healthier, happier and more fulfilled lives both in and out of work.

Originally from the UK and now settled in Canada, Paul is a certified life coach for groups and individuals, Paul is an experienced and energetic speaker who understands that people learn best in moments of enjoyment.

### Program Details:

#### December 2020 Online Session:

**Day 1 – Tuesday  
December 15 @ 1PM –  
4PM EST**

**Day 2 – Wednesday  
December 16 @ 1PM –  
4PM EST**

**Tuition Fee: US\$149 per  
participant**

**Register at  
[https://perfectbalance  
consulting.ca/bookings](https://perfectbalanceconsulting.ca/bookings)**

