

ENHANCING EMOTIONAL INTELLIGENCE

Grow in your own emotional intelligence by leveraging your MBTI®

WHY THIS COURSE:

This workshop is a fantastic introduction to emotional intelligence. Studies have shown emotional intelligence to be the single most important factor in high job performance, with links to leadership, happiness, team performance, and problem solving. This workshop enables participants to harness the power of Myers-Briggs type to perceive and respond to emotions more effectively. It helps them understand emotional intelligence and why it is important, identify its intrapersonal and interpersonal elements, and develop strategies for enhancing their own emotional intelligence. *Requires completion of MBTI® 1: Know Thyself Workshop.

IDEAL FOR:

- Individuals / Teams interested in growing in their own emotional intelligence
- Self-understanding and individual development
- Team building
- Management and leadership training
- Coaching
- Organizational development
- Diversity and multicultural training
- Problem solving
- Career development and exploration
- Academic counseling
- Education and curriculum development
- Relationship counseling

COURSE OBJECTIVES:

- Understand the importance of emotional intelligence
- Explore how to understand and effectively manage emotions
- Identify and understand both intrapersonal and interpersonal elements of emotional intelligence
- Understand the impact of Myers-Briggs® type on perception of and response to emotions
- Develop strategies for enhancing emotional intelligence
- Create a personal action plan that encourages follow-through to enhance your emotional intelligence

> **COURSE DURATION:** Half-Day +

> **COURSE TYPE:** In-Person OR Virtual

AGENDA

TIME: 4 HRS

| | |
|---|-----|
| Welcome, Session Overview & Introductions | :30 |
| What is Emotional Intelligence | :20 |
| Perceiving, Understanding, and Managing Emotions | :50 |
| MBTI® Refresher | :15 |
| BREAK | :15 |
| Emotional Intelligence and MBTI® Type | :35 |
| Developing Strategies for Enhancing Your Emotional Intelligence | :50 |
| Session Close, Review, Next Steps | :25 |



TRAINING
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303-895-9973

www.morethanfunds.us

WHAT ARE THE SIGNS THAT A CLIENT NEEDS THIS COURSE?

- People who struggle to manage their emotions
- People have zero self-awareness, having no idea how they show up in the world or come off to others
- People who find themselves offending others but aren't sure why

KEY INSIGHTS TO CONSIDER/WHY MBTI®?

- 80% of one's success in life isn't their IQ, but their EQ (emotional intelligence).
- Many organizations like The United States military are now placing a greater importance on EQ than on IQ for their applicants.
- One of the greatest investments we can make is in ourselves. The greatest asset we bring to any personal or professional relationship is self-awareness. Both are the focus of MBTI®. Take the time to explore how you're uniquely wired to maximize your best self.
- MBTI®...
 - Is based on Jungian psychology, looking at his 8 identified brain archetypes from 1920 when psychology came into being.
 - Is the most reliable and validated instrument based on the two core brain functions - how one takes in and evaluates information.
 - Focuses on type - what's on your hard drive, what you're born with, your innate design, etc.
 - Provides a means to understand self, others, and recognizes innate as a way of being and modifying bad behavior.
 - Aims to increase your understanding of who you are by experiencing a positive, psychometric assessment that taps into the inner workings of people.
 - Is the critical key for how we communicate. We can't work together well unless we understand ourselves and others in regard to communication.
 - Provides a means for organizations to develop a culture of healthy communication.

WHAT ARE THE TYPICAL CUSTOMIZATIONS AND RELATED PRODUCTS?

- Course length: can be condensed or expanded.
- Participants must either know their MBTI® type or have completed MBTI® 1 – Know Thyself course prior.
- Any additional MBTI® focused courses would be great additions to consider:

| LENGTH | COURSE |
|-----------|---------------------------|
| Half-Day+ | MBTI 1 – Know Thyself |
| Half-Day+ | MBTI 2 – Team Development |
| Half-Day+ | Compelling Conversations |
| Half-Day+ | Embracing Change |
| Half-Day+ | Impactful Influencing |
| Half-Day+ | Improving Decision Making |
| Half-Day+ | Leader Development |
| Half-Day+ | Stress Management |

