

# Emotional Intelligence Breakfast Course

**PRESENTED BY NEVILLE SMITH**  
**PRINCIPAL OF BRAIN & COGNITION CLINIC**

Neville Smith is an EQ expert, facilitator, and principal consultant at the Brain & Cognition Clinic. With over 10 years of experience, Neville has helped CEOs, business owners, and leaders unlock the power of emotional intelligence to reshape their leadership and team management styles.

His qualifications include Leadership and Management, Adult Education, and certifications as a Neuro Linguistic Programming (NLP) Practitioner, Leadership Maturity Framework (LMF) profiler, and MSCEIT (Mayer, Salovey & Caruso Emotional Intelligence Test) profiler.

Neville's warm, insightful approach inspires leaders to grow, connect, and lead with emotional intelligence at the heart of their success.

***"EMOTIONAL INTELLIGENCE IS THE ABILITY TO USE EMOTION TO INCREASE YOUR OWN AND OTHERS' SUCCESS." – ANNIE MCKEE***

Unlock how Emotional Intelligence can transform your leadership, communication, and team dynamics in a practical and impactful way.

Join us for a hands-on 6-part breakfast workshop series designed to equip you with actionable tools you can immediately apply to boost self-awareness, build resilience, and master emotional regulation. These workshops are all about real strategies to help you lead and connect with confidence and clarity, which build on each other session to session.



## Course Detail

**Dates:** Every Wednesday morning, 7 – 8 AM  
(27 August, 10 & 24 Sept, 8 & 22 Oct, 5 Nov)

**Cost:** \$240 per person + GST

**Location:** Breakfast venue may vary  
(breakfast/coffee at your own cost)

## Workshop Topic

1. Self Awareness
2. Self-Regulations and Resilience
3. Perceiving Emotions
4. Connecting Emotions
5. Understanding Emotions
6. Managing Emotions

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