

***"When awareness is brought to an emotion, power is brought to life" – Tara Mayer Robson***



### **Program Objectives**

- ❖ **Develop strong awareness of the BarOn EQ-i model**
- ❖ **Develop self awareness and self management of personal emotions**
- ❖ **Explore ways to advance personal emotional intelligence**
- ❖ **Recognise other's emotions in order to inspire high performance**
- ❖ **Understood the consequences weigh decisions before action**

### **Learning Modalities**

- ❖ **Highly Interactive sessions of questions and answers**
- ❖ **Introduction to various creativity and innovation concepts**
- ❖ **Pragmatic Case studies from a selection of industries**
- ❖ **Application of the frameworks and tools**

### **Learning outcomes**

- ❖ **Understand Emotional Intelligence and it's importance**
- ❖ **Be able to relate more effectively to their colleagues and to others**
- ❖ **Know how to communicate in an emotionally intelligent way**
- ❖ **Demonstrate empathy in a wide range of situations**
- ❖ **Awareness of effect of emotions on behaviour and performance**

### **Who should participate**

- ❖ **Professionals at all levels who work in teams**
- ❖ **Support and service staff in the organisation**
- ❖ **Managers and Supervisors responsible for team outcomes**
- ❖ **Executives and Senior Executives dealing with high-level decisions**