

Emotional Intelligence Leadership Coaching

Emotional Intelligence is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges and use emotional information in an effective and meaningful way.

The EQ-i 2.0 assessment measures emotional and social functioning which are made up of dynamic skills that can be brought into play in any job, relationship or interaction. Being dynamic means these skills can be improved through training and coaching and are not fixed like personality traits or IQ. People are not labelled or defined by their results on the EQ-i 2.0, unlike personality profiling assessments.

The EQ-i 2.0 assessment report and the subsequent feedback session provides the respondent with detailed insight, indicating emotional skills that need improvement. Detailed, visually impactful reports help give a balanced view of a person's potential and opportunities for improvement.

A large part of effective and smooth teamwork is knowing each member's strengths and weaknesses and leveraging those strengths whenever possible. Pinpointing this kind of information can prove to be a bonding experience that unifies, synchronizes, and/or strengthens the group.

Having balanced emotional intelligence skills is very important for mental health and well-being. Although happiness can be quite relative from one individual to another, improving emotional intelligence skills has a positive correlation with overall happiness.

The assessments are used to create a visual and a starting point for the coaching and provide a great insight and good analysis for the progress achieved after the completion of the program. Find out more call to action to (contact us)



Emotional Intelligence workshops:

- Team building: What does a strong outperforming team look like and how can people work together rather than compete with one another.
- Conflict management: How can you deal with difficult situations and get the best outcome (win/win)
- Unconscious bias: What is the difference between unconscious bias and conscious bias. Most issues come mainly from the lack of understanding than the deliberate willingness to hurt.
- Problem solving: How to tackle and deal with complex situations and issues
- Managing change: What are the stages of implementing change and how do you get people to cooperate and reduce resistance
- Social responsibility: The importance of social responsibility and why it is necessary for everyone to contribute to the wider community than only focused on themselves.
- Stress management: How to navigate and deal with responsibilities in a better way to avoid reaching total burnout.
- Decision making: What are the required skills to be able to make correct decisions in a timely manner
- Leadership skills: Are leadership skills only required for senior leadership. How can you empower your team to become leaders in their everyday role.
- Diversity, inclusion and integration: What is the difference between inclusion and integration.
- Resilience and innovation: What skills are required for resilience and innovation. Why do businesses need these leadership skills?
- Wellbeing and performance: Does wellbeing have an impact on teams' performance and how does that impact customer service?
- Effective communication: The importance of communication both internal and external. What are the communication channels. Is the opposite of effective communication not effective or can it also be negative and cause damage?

Workshops can be bespoke and address a selection of topics that are more relevant to the organisation's needs. Find out more call to action to contact us form