

EQ and Work Life Balance

1 Day

Daniel Goleman says "If your emotional abilities aren't in hand, then no matter how smart you are, you're not going to get very far." Discover what Emotional Intelligence (EQ) is and how it differs from the "intelligence" measured by traditional IQ tests. See how thinking patterns and emotional states influence your success at work. Hear how to change emotional "programs" that block success at work. Get hands-on experience using relationship management tools to increase your personal power and influence at work. Learn practical ways to manage work overload, handle difficult relationships and build better work/life balance.

What you'll learn to do in this course

You'll come out of this session with powerful tools for developing your emotional intelligence. We'll bring theory to life and tell you how to succeed. A range of practical tips will be presented to you. You'll talk through examples and enjoy practical exercises. At the end of the course, you should be able to:

- Define the core components of Emotional Intelligence (EQ)
- Assess your current level of EQ
- Build emotional flexibility
- Track and manage your own states
- Detect and influence the states of your colleagues and clients
- Create an action plan for increasing your EQ

Topics you'll cover

- What is EQ and how do I develop it?
- Understanding emotions and thoughts
- Tracking your state using VAK cues
- Stepping into resourceful states
- Detecting others' thinking patterns
- Tools for influencing others
- Creating a blueprint for personal success

Book your training NOW

Call Eleanor Shakiba on 0433 126 841

Download course information at
www.thinklearnsucceed.com.au

“
think
learn?
succeed

“Smart training for clever people”

**What others have said
about the course...**

“An excellent workshop – well
delivered and very useful.”

“One of the most exceptional training
days that I have been to in a long
time.”

“I found the course wonderfully
informative and diverse in terms of
the way in which information was
presented.”

