



Emotional Intelligence Essentials

EQ-101

SET YOURSELF APART

Effective Leadership Requires EQ

Emotional intelligence, understanding how our emotions impact our behaviour, is perhaps the most important and foundational skill-set any leader should possess. In fact, Harvard Business School research determined that Emotional Intelligence (EQ) counts for twice as much as IQ and technical skills combined in determining who will be successful.

Who Is Optimum

Optimum Performance Coaching is an industry standard with construction associations and companies committed to transforming leadership to meet the needs of the 21st century.

Why Optimum?

The ability to connect with each individual and identify the specific style that will maximize their individual success as well their team contributions is unparalleled.

The Optimum Difference

- Programs that empower both your mental and physical strength
- Flexile coaching & learning plans to suit you or your organization
- Engaging facilitation
- Real world professional development for both employees and management

www.optimumperformancecoaching.ca

Contact us to see how we can optimize your performance!

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EMOTIONAL INTELLIGENCE ESSENTIALS

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THOUGHTS DRIVE EMOTIONS EMOTIONS DRIVE BEHAVIORS

Emotions drive our actions. They are our mind and body's way of communicating to push us to respond to something that has happened, is happening, or could happen. Simply put, they are impulses to action - they move us. When they run high, they change the way our brain functions, affecting our cognitive abilities, decision-making powers, and even interpersonal skills

UNLIKE IQ EQ CAN BE DEVELOPED THROUGHOUT LIFE

Leaders who understand how to manage their emotions (and the emotions of others) distinguish themselves from the average. They know how to maintain an even keel in the face of any storm, build relationships, motivate their team, disarm conflict, self regulate and achieve goals. They are better equipped to meet today's workplace challenges and are set up for ongoing success in both their personal and professional lives.

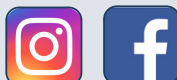
LEARNING OUTCOMES

UPON SUCCESSFUL COMPLETION OF THIS WORKSHOP, YOU WILL BE ABLE TO:

- ✓ Identify the major evolutionary components of the human brain.
- ✓ Identify the specific parts of the brain associated with emotion and reasoning.
- ✓ Describe the role that chemistry has on the brain. Explain the mechanics of an emotional hijacking and how to defuse it.
- ✓ Construct an increasingly engaging work environment in which all members can thrive.
- ✓ Better- manage your stress by applying mindfulness practices and meditation techniques.
- ✓ Strengthen the connection in your relationships. Increase resilience to set-backs and challenges



GET SOCIAL!



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