

Emotional Intelligence

A Pathway for Personal Success

What You Can Expect

People who attend this program will learn a set of principles that will change the way they view their lives as well as their performance on the job. They will grow in self-understanding, confidence, personal effectiveness and their ability to handle the challenges/opportunities of the workplace. Such a personal transformation forms the foundation for organizational transformation.

Principles of Self-Mastery

- The Integrity Model: A paradigm of personal effectiveness that defines success as what happens within you rather than what happens to you.
- Embrace Reality: Discover power and fulfillment as you stop wasting time resenting, complaining, wishing and blaming but rather keep your focus on what you can control.
- Exercise Responsibility: See how your success and quality of life come from choices you make and learn to act rather than react to the events of your life.
- Conquer Your Key Moments: Learn how to conquer and transcend the challenges of life by changing your thinking, feelings and behavior.
- Clarify Your Vision: Know what you want and the steps that you must take to achieve it.
- Define Your Purpose: Decide what your life is about and those principles by which you will govern yourself.
- Act With Integrity: Translate your purpose and vision into reality and make your day-to-day actions consistent with what is most important.
- Value Who You Are: Make a decision to care for yourself, accept your weaknesses and acknowledge and build upon your strengths.

This approach to change is not a quick fix. However, during this program you will learn principles and participate in exercises that will allow you to truly become master of your own life.

Topics Include:

- The Integrity Model
- Conquer Your Key Moments
- Embrace Reality
- Exercise Responsibility
- Clarify Your Vision
- Define Your Purpose
- Act With Integrity
- Value Who You Are

Achieve Personal Mastery as You Transcend Challenges and Learn the Secrets of Soaring to New Heights.

Emotional Intelligence: Personal Productivity & Profits

At work and in life, we face key moments that are challenging, distressing, even painful. What manager has not wished their employees could work faster and smarter with fewer mistakes or meetings? Providing training on Emotional Intelligence and focusing on personal productivity pays off exponentially. It helps your staff understand that the reality of the key moment cannot change, but that the interior response to it is a personal choice. They can focus on the task at hand, and make the choices that are most productive without wasting time blaming, resenting or complaining.

Training your staff members in the following areas:

- Conquering Key Moments
- Embracing Reality
- Exercising Responsibility
- Defining Vision and Purpose
- Acting with Integrity
- Valuing Who You Are

These will help them take responsibility for their choices. They will know their life goals and have a clear vision of the path they will follow.

As your employees become aware of their own emotions and learn to control them in service of their life goals, your workplace will become not only more pleasant, but more productive. Sales forces will be more effective as they become more optimistic, more able and willing to surmount obstacles. All your teams will function more efficiently and productively when leaders choose to listen with empathy and team players take responsibility for their choices.

Training in Emotional Intelligence increases managerial skills, team building and employee competence at all levels - and that inevitably improves the bottom line.