

EQ Insights for People Management

A 4-module virtual program to develop self-awareness and the skill of cognitive flexibility to shift and re-orientate automatic thinking patterns

Why? An engaging, practical workshop equipping participants with the knowledge and skills to cope in turbulent times. To gain insight to shift **focus**, improve **decision-making** as well as **evaluate short-term versus visionary options**.



EQ and the Brain

How can simple neuroscience insights help you improve your performance?



Brain Style Basics

*In what way do you currently focus, make decisions and motivate yourself?
How can you increase your cognitive flexibility?*



Interpersonal Flexibility

How can you leverage your EQ insight into Brain Styles to understand and optimize your interactions with others?



Talents for People

What are your key Brain Talents (strengths) and how can you leverage these to engage others and be more purposeful in your decision making?

FOUR 90 minute virtual modules
FIFTH option module to unpack the TEAM Dashboard

Participants will:

- Identify a current workplace challenge and map specific actions to support successful outcomes.
- Recognize their personal Brain Profile and how this impacts their focus, decision-making and drive.
- Gain insight into the Brain Profiles of others, and how this can be utilized to improve interactions.
- Identify their Brain Talents and how these can be leveraged to put EQ into action to increase your effectiveness in leading, collaborating and working with others to improve performance.
- Develop a personal SWOT analysis and commit to an action plan to apply their knowledge to improve cognitive flexibility and people management.

Each participant receives a personalized workbook with their EQ assessment results plus custom exercises and tips to put their learning into action.

Course Facilitator



Avril Kidd, owner of **EQ in Action**, preferred partner for **Six Seconds** in South Africa, is a Six Seconds qualified EQ Practitioner, Facilitator, Assessor and Brain Profiler who has many years experience growing EQ in the Corporate world.

Registration

To Register please mail: avril@eqinaction.co.za

Contact

Email: avril@eqinaction.co.za
Mobile: +27827796299