

Emotional Intelligence – the key to success in life and leadership

Personal growth starts with self awareness



EQinACTION



Emotional Intelligence for Sustainable Success

People who use their emotional intelligence skills have stronger relationships, experience better health, are more effective, make better decisions, have greater ability to influence, experience more success in their careers and overall enjoy a better quality of life. Join this interactive 2-day workshop where you will learn to recognise and understand your own behaviours and habits, and develop fundamental skills for being able to work effectively with others. Until you are aware of yourself you cannot accurately understand others.

Emotional Intelligence Workshop focusing on self-awareness

When: 11th and 12th of March 2015

Where: St James Hotel, Morningside, Durban

Investment: R3350.

Includes teas, lunches and your personal EQ profile reports.

The workshop includes a personalised Six Seconds Emotional intelligence assessment and leadership report which provides a clear and practical assessment of your 8 key emotional skills and puts them into context of life success factors. This report focuses on professional and personal development, and includes recommendations for learning and improvement. You will get to take home techniques and exercises to enhance your home and work environments. Delegates will also be given their brain brief profile which is an additional tool for understanding yourself and looks at 8 different styles and provides powerful insight into improving team communication.

*The Harvard Business Review states:
“EQ Is a basic tool that, deployed with finesse,
is the key to professional success”*

Previous workshop participants had this to say ...

- *Powerful! For once in my life I feel I have the confidence and the tools to make a change and improve things in my life which before might have been over whelming for me.* ANN DRYDEN, EXPANDASIGN
- *Excellent! Easy to understand/profound concepts. Avril was brilliant with a professional yet relaxed training style.* DESHNEE NAIDU, HR MANAGER TSOGO SUN
- *Brilliant, insightful and full of “ah ha” moments!* LEIGH THORNYCROFT OF ACTION AID
- *Avril is accessible, knowledgeable and real and the training was invaluable in understanding my management team’s behavioural style.* JACQUI DENNY –MD OF DURPRO
- *If you’re looking for tools for self-improvement and understanding, attend this training workshop.* HYLIA ASHFORD OF SEA WORLD

EQ in Action is proud to have been appointed as the Preferred Partner for Global leaders in EQ, Six Seconds, who are supporting EQ globally for positive change.

For more info contact Avril.

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