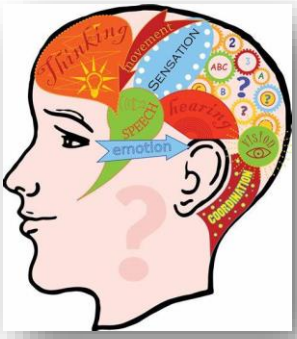

Emotional Intelligence

SYNC LEARNING

Why Emotional Intelligence?

A growing body of research supports that individuals (from individuals to senior executives) with higher emotional intelligence are better equipped to work cohesively within teams, deal with change more effectively, and manage stress better. Statistics from Harvard, Stanford and the Carnegie Foundation show that 85-87% of our success comes from applying soft skills, emotional intelligence and personal skills…yet it's these skills we work on the least. Emotional intelligence was tested alongside 33 other important workplace skills, and it was found that *emotional intelligence alone* is the strongest predictor of performance – accounting for a full 58% percent of success in all types of jobs. (Talentsmart)

What is Covered

This highly interactive, one-day workshop focuses on the themes of emotional intelligence, team building and teamwork, planning, negotiation, and interpersonal skills. Specifically, during our time together, you will:

- Define emotional intelligence and apply its concepts to yourself and your work;
- Learn how our brains are wired, how they process information and emotion and how to use that knowledge to your advantage;
- Expand your vocabulary with respect to identifying emotion;
- Shift from an abstract definition of trust to a more personal reflection;
- Increase your awareness of your own and others' preferences;
- Experience how alternative perspectives lead to misunderstanding and confusion;
- Demonstrate what it sounds like and feels like to be on the giving and receiving end of criticism;
- Identify your own emotions and triggers, name them, and learn how to control them; and
- Develop a toolkit of techniques to apply to a variety of challenging situations.

Results	Key Outcomes & Insights	Requirements
• Obtain practical strategies for sustained behavioral change and business impact • Measure your team's level of Trust • Communicate clearly and effectively	• Accelerated team/business results • Ability to govern stress • Greater individual awareness and emotional regulation	*Time* 1-Day *Pre-Requisite* Purchase of "*Emotional Intelligence 2.0"* book

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