



Understanding Emotional Intelligence and its impact on communication, performance and relationships

Key Focus Areas

- What is Emotional Intelligence (EI)
- Assessing your personal EI profile
- EI and Leadership
- Well-being
- Relationship management
- Empathy
- Motivation
- Stress management
- Conflict
- Assertiveness
- Impulse control
- Self esteem
- Happiness & positivity

Webinar Duration :

- 2-3 hours – to include:
 - 2 x 50 mins content sessions
 - 15 minutes comfort break.
 - 15 mins Q&A

Other Formats Available:

- 1 hour “work out”
- In person – 1 Day

Bespoke Content

- Bespoke organisational content can be added – Please Enquire

Who Should Attend

- Anyone who wants to be better equipped at managing stress, communicating effectively, empathising with others, overcoming challenges, defusing conflict and forming closer bonds.

What's Included

- Facilitated Content
- 1 or 2* Dedicated Facilitators
- Follow Up PDF ‘*Postscript*’ notes

* 2 facilitators over 20 persons

Budget For Webinar Delivery

- £75 / Person
- £250 set up Fee
- Min Budget £750
- All prices excl Vat

Other Format Budgets

- Please Enquire
- Min Budget £500
- All prices excl Vat

CONNECT | ENGAGE | EXPRESS | UNDERSTAND