

## advanced emotional intelligence

### Objective

Acquiring & expanding EQ

Learning to leverage EI for personal and inter-personal effectiveness

Developing EI as a core leadership competence

### Outcomes

Enhanced awareness of self and others in different contexts

New outlook for motivating & working with others

Deep insights with immediately applicable practices

### Content

EI Framework (Goleman)

Empathy & Self-Awareness

Regulating Self & Others

Insights from Neuroscience, Somatics & Cognitive Sciences

Advanced Transactional Analysis

### Time Investment

Workshop: 2+1 Days.

Post-Work: 6 Fortnightly Group Coaching Sessions



#Empathy #Leadership #NeuroDramaticMetaCognition  
#SelfAwareness

Workplaces should be professional. And co-workers should be logical, reasonable and consistent. The reality is, it's not so. In an ever-growingly complex and time-crunched world, the triggers are flying with ever more intensity and frequency. A simple interaction that could yield results in minutes, escalates into a full-blown argument and spirals into distrust and stress.

Alternately, real communication is suppressed behind the masks of procedures and propriety. It festers and leads to avoidance of communication until past-urgent. Quite evidently, with such counter-productive interactions, the loss of efficiencies is enormous.

Emotional intelligence is what can turn this around. [EQ]<sup>2</sup> demystifies abstract concepts, yet shares cutting-edge body of knowledge with you. It brings you directly applicable and immediately usable insights, exercises and practices.

[EQ]<sup>2</sup> changes you in a way that leaves you more productive and empowered. And you are the source of spreading the goodness of it all as a leader and a *multiplier*.

**Designed and Delivered by KoeN Consulting.**  
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