

Helping Individuals and Organizations Build Great Relationships!

MARY O'NEILL

EMOTIONAL INTELLIGENCE WORKSHOP

Developing and enhancing emotional intelligence is fast becoming **one of the most vital elements** to developing greater career satisfaction, greater partnerships and greater teams!

The Critical Relationship Between Behavior and Emotions

Team members who can more easily establish trust, respect, warmth and rapport will undoubtedly be more effective and much more likely to **inspire exceptional performance** in others.

A growing body of research supports the idea that **EQ has great impact** on both the **bottom line of businesses**, as well as the **overall effectiveness** of individuals and teams at every organizational level.

EQ rests on a firm scientific foundation - it can be reliably measured, developed and enhanced. Therefore, EQ serves as an invaluable tool for predicting both performance and performance improvement opportunities.

EMOTIONAL INTELLIGENCE AND SUCCESS

Emotional Intelligence - the ability to **perceive emotional information** in yourself and others and use it to guide thoughts and actions and promote emotional and intellectual growth - is recognized to be the differentiating factor in outstanding leadership effectiveness.

Mary O'Neill's **cutting edge workshop** focuses on understanding how a well-developed Emotional Quotient (EQ) enables every team member to improve their overall effectiveness and become outstanding performers.

Systematically Enhance EQ

This training program **explains and explores EQ** and takes participants through **15 crucial elements** - among them self-regard, flexibility, empathy and impulse control. The training program provides a competency framework to define, target and develop the following **five key emotional competencies**:

- **Self-Awareness,**
- **Empathy/Social Responsibility**
- **Stress Management/Impulse Control**
- **Adaptability/Problem Solving**
- **General Mood/Optimism**

KEY COMPETENCIES

The development and practical application of each of these traits at work and at are home are explored, along with ways to **systematically enhance EQ**.

By the end of this course participants will:

- Understand the concept of Emotional Intelligence and why it's important to success in life and work
- Understand how emotion underpins performance
- Become aware of their own EQ scores and what they mean
- Learn several tools to enhance Emotional Intelligence and become outstanding performers
- Develop of personal action plan for the practical development of EQ

Emotional Intelligence provides the underlying energy, skill and motivation to support the development of outstanding people skills and greater self management.

ASSESSMENT

Mary uses the **Bar On EQ-i**, the first validated instrument, to measure EQ. This tool assesses general degrees of emotional intelligence, potential for emotional health and general well-being and **identifies the strengths and competency areas in need of improvement**. The assessment is taken online before the workshop and can usually be completed in about 20 minutes. A full individual narrative report and group report is included.

Mary also offers an **optional 1:1 thirty minute follow up session**, with each participant, which provides vital information for individual goal setting and action planning.

The assessment can also be administered upon the completion of professional development training programs to evaluate individual progress and training effectiveness.

Workshop Format: 1-2 Days