

FREEDOM FOCUSED

THE CENTER FOR SELF-ACTION LEADERSHIP

“Anyone can become angry—that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—this is not easy.”

- Aristotle

Ideal For:

- Early – mid career professionals
- First-line supervisors
- Technical staff/leads
- Customer service & business services personnel

Course Outcomes & Deliverables:

- Gain powerful tools to rewire your brain for healthy emotional habits.
- Re-orient your conceptions about your limitations and possibilities
- Improve interpersonal relationships and team cooperation & cohesion
- Expand your leadership potential and capacity for empathy

Mastering Your Emotions

The Art & Science of Emotional Intelligence at Work

Course Description and Outline:

Since the mid-1990s, research has routinely demonstrated that emotional intelligence (EQ) is the most consistent predictor of individual success. The good news is that EQ is a skill that can be learned. This course empowers attendees with the skills required to better manage their own emotions and help others do the same in a way that can dramatically improve workplace relations and bolster a cooperative spirit among work teams.

EQ vs. IQ

- What is EQ, and why is it so important to your success
- Why EQ can be more important than IQ

Core Content

- Consequences of low EQ in individuals and society
- Controlling your reactions: the limbic system vs. the prefrontal cortex
- The myth of behavior causality
- Practice creates progress and permanence
- The role of relationship building & the Law of Attraction
- The Role of Social Intelligence (SQ)
- The Role of Existential Intelligence (XQ)
- Dealing with Difficult People

Tools

- Developing Self-awareness through self-assessments and 360-feedback
- Personality assessments and how to use your assessment to improve your interpersonal skills
- How to listen and communicate with anyone
- Attitude repositioning through long-term thinking

Contact us today to Educate, Engage, and Inspire your Organization

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