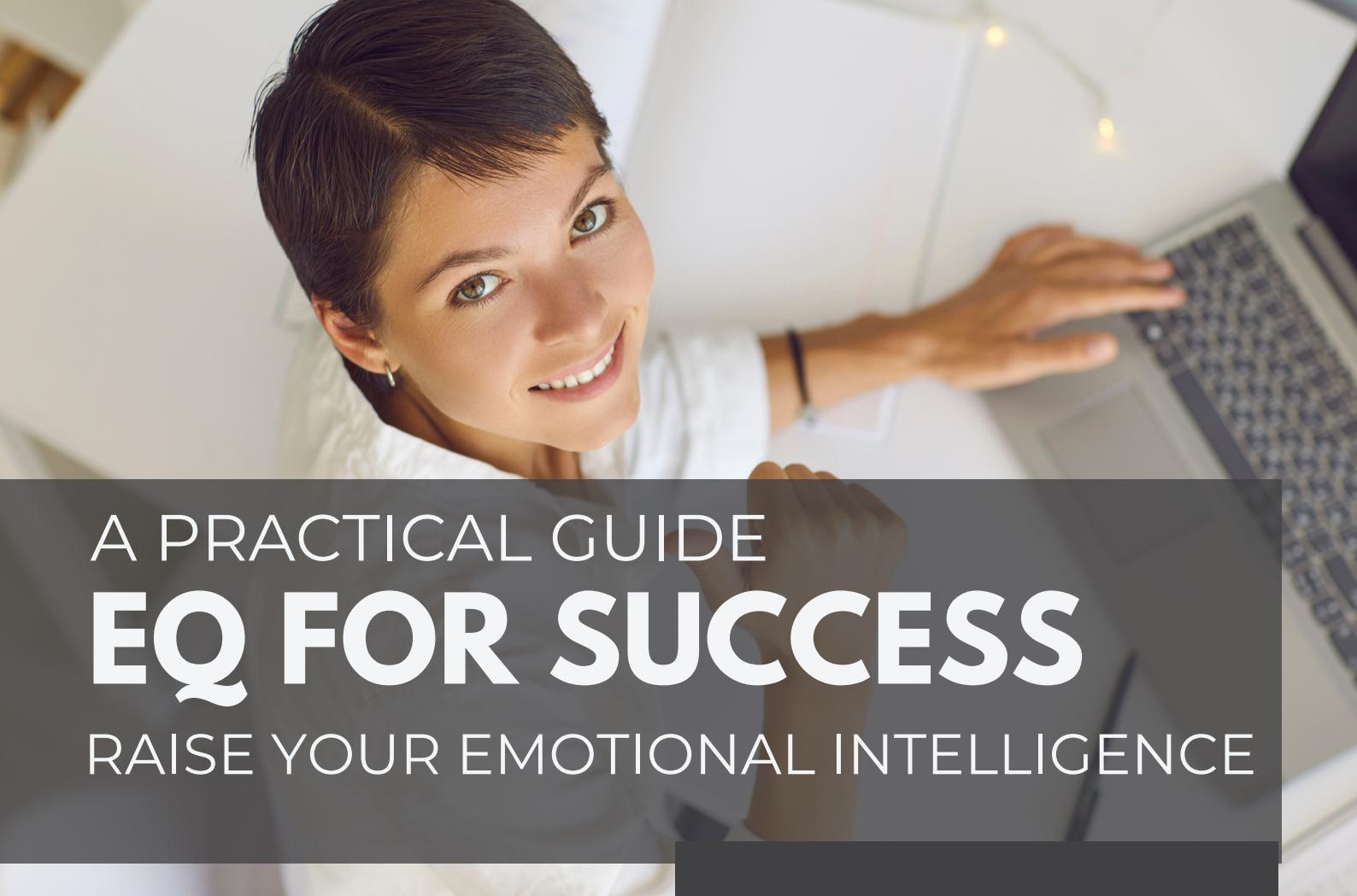




A PRACTICAL GUIDE **EQ FOR SUCCESS** RAISE YOUR EMOTIONAL INTELLIGENCE

*Battle-Tested Tactics
to Stay Centered,
Decode Drama &
Drive Results*



**FULL DAY
ONLINE**

**Fuel effectiveness
Put practical ideas into action**



**NBI Personality Profile
Valued at R1000**

mila
take route to grow

YOU WILL LEARN HOW TO...



PAUSE

& stay calm in challenging situations



DEAL

with resistance & negativity



RECOGNISE

& use emotional data to influence team outputs



BALANCE

your rational and emotional brain



MANAGE & ADAPT

your behaviours in a variety of workplace situations



IDENTIFY & CHANGE

the patterns that block you from success

Struggling to remain calm in challenging situations?

COURSE OVERVIEW

It's time to fuel effectiveness and raise workplace wellbeing. When faced with the demands of juggling multiple stakeholders, motivating people to perform or managing shrinking budgets, we often get stuck without seeing the desired results. This can be exhausting. Technical skills are critical but in a volatile, uncertain, complex and ambiguous world, they are not enough.

EQ is an actionable, learnable skillset and we give you the practical guide to get started. Raise your emotional intelligence with this interactive course.

WHY ATTEND?

- Discover how emotions drive people and people drive performance
- Navigate complex situations with greater empathy and effectiveness
- Deal with resistance and negativity, finding ways to de-escalate conflict
- Use emotional regulation to foster better collaboration
- Enhance your adaptability to change and increase resilience with our practical tools
- Tap into your strengths with our **free NBI Personality Profile valued at R1000**

PROGRAM OUTLINE

- Concept, benefits and impact - connected to performance
- Leveraging seven amazing facts about emotions
- Emotional hijack, triggers and reactions - neuroscience applied
- Burnout & the EQ Connection
- Reaction Cycle and stress conditioning response
- De-escalating Conflict
- Personality Profile and EI linked
- Tactics for Reframing events - Question Bank included

COST R 3 290 per person

includes downloadable manual, free profile, feelings wheel & reframing question bank



REVIEWS

Excellent. Can be used to build better relationships with my teams. Very good practical application.

**Dion Ramoo - Group Financial Director
NVest Holdings**

Excellent. An invaluable insight into an important business skill. Well presented and interesting.

**Liam Graham - Managing Director
NVest Securities**

CAREY-LYN KURTEN

An internationally accredited EQ assessor & practitioner, Carey-Lyn is a skilled and energised facilitator who creates a space where people feel safe and respected enough to share their ideas and reach solutions together.

She works with groups to create motivated people who can create a better strategy for achieving organizational goals. Carey has 25 years experience in Accelerated Learning and Emotional Intelligence training. She supports organisations with Culture Change and Strategic Conversations. Public speaking and presenting come naturally to her and she always finds novel ways to engage her audience.