

EQ Raising Emotional Intelligence

Effective Leadership is the sum of how leaders use their emotion, cognition, behavior, and communication to inspire action, motivate engagement, and mobilize performance.

TWO Intensive
DAY Workshop

The Goal

The goal of the Raising Emotional Intelligence workshop is to sharpen a culture of high-commitment and high-performance. This culture is defined as; everyone having a clear understanding of expectations and accountability to results, motivated to go ‘the extra mile’, and the capacity to learn and grow.

Leaders and managers have the greatest ability to foster this kind of culture when they are able to connect to people emotionally. The role of Emotional Intelligence can help managers; resolve conflicts, drive higher levels of engagement, dare to make changes, and sponsor peak performance.

The workshop is designed for those leaders that want to raise the bar of performance for themselves, they are curious to learn, and interested in challenging the way they Feel. Think. Act. and Talk.

In a competitive environment with high levels of uncertainty and complexity, disruptive technologies, and a premium on speed, choice, and innovation, these leaders know that *adaptability* is the way to lead.

Emotional Intelligence gives leaders the ability to practice adaptable leadership as specific workplace situations require.



The EQ Model

The 5-Factor Goleman Competency Model

The ability to recognize and understand your moods, emotions, and drives, as well as their effect on others

The ability to control or redirect disruptive impulses and moods and the propensity to suspend judgment and think before acting



The ability to understand the emotional makeup of other people

A passion to work for reasons that go beyond money or status and a propensity to pursue goals with energy and persistence

A proficiency in managing relationships and building networks

The Program Flow

We engage learners in an extended learning model; preparing learners in gaining the most value from their learning experience, sponsoring action-based experiential opportunities during the workshop, and concluding with firm commitments to continue the process of learning into daily implementation.



“We don’t see things as they are, we see them as we are.”

Anaïs Nin

The Agenda

TWO Intensive
DAY Workshop

DAY 1

INTRAPERSONAL SKILLS



Self-awareness

Self-control

Motivation

DAY 2

INTERPERSONAL SKILLS



Empathy

Relationships



The Align4Profit Promise

Validated outcomes according to past-participants & clients

Real. We custom design to deliver visible behavior change and avoid curricula that are merely massive information downloads.

The EQ workshop challenges the way people think and behave. It enables people to make big changes to their lives, both at home and at work.

Relevant. We align leaders behind the priorities and behaviors with relentless focus on clear accountability.

Transformational. Our curriculum development is focused on developing skills, knowledge and attitudes, individually & collectively.

Sustainable. We transform lessons into lifelong skills, not quick tricks easily forgotten.

Action Learning Instructional Design and Multi-Mode Learning Environment



Highly Recommended

“If you want to see a remarkable impact on culture and leadership I would recommend Align4Profit. Helanie provides creative ideas and practical tools to help leaders and organizations grow.”

– Steve Bunger, CEO – Probox Portable Storage

“Helanie has a unique talent to zoom in on important development areas, bringing clarity to issues, adding new perspectives and not the least offer pragmatic and creative proposals for how to tackle various challenges.”

– Peter Michelson, EVP & GM Customer Unit Cable & Media – Ericsson

“Helanie has been instrumental in supporting us to recruit the best talent and provided highly appreciated coaching to the team, as well as, to each of the individual team members. The results have been impressive, the team came out very strong in this year’s leadership assessment.”

– Niklas Heuvelodp, Chief Strategy Officer – Ericsson

“I’m blown away by how infectious Helanie’s enthusiasm and “point-on” professionalism is. She is able to create team actions and help us build our leadership highway, giving us critical skills to execute and excel.”

– Barry Carter, CIO – RealPage, Inc.

Content to Open Your Mind

What is your story?

The world is changing fast, are you ready to lead?

Would you follow you?

What does VUCA demand from you?

What habits will add value?

What is your emotional vocabulary like?

How do others encounter you?

What outcomes can you expect from self-reflection?

Are you being your authentic self?

Through what kind of a window do you look at the world?

Whose life you are living?

Have you found joy?

What motivates you?

Where does your limiting beliefs come from?

How do you manage your energy?

Stress

How do you influence others?

Body and mind connection

How can you see and be seen?

How do you build safety at work?

What kind of commitments will you make to sharpen the culture?

What is the emotional de-trigger skill?

“Be the change you wish to see in the world.”

Mahatma Gandhi

“Things do not change, we change.”

Henry David Thoreau

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou

