

Emotional Intelligence



In today's dynamic workplace, emotional intelligence stands as a cornerstone for effective leadership. Acknowledging, comprehending, and regulating emotions with skill are pivotal elements of successful and impactful leadership

This is a transformative Emotional Intelligence program designed to equip leaders with the essential skills for recognising and utilising emotions effectively. We delve deep into the intricacies of EI, offering a profound exploration of how leaders can harness emotions as a significant lever for success. This is accomplished through cohort learning and one-on-one coaching and action planning. You will leave with valuable new skills.



Program Structure and Highlights

This virtual learning program includes:

2 half-day modules of learning with 1:1 coaching and experiential exercises

Psychometric personality assessment EQi-2.0 inventory with 1:1 debrief

Full access to our LMS learning environment with additional resources, tools and access to our learning community

Explore factors that predict success & how they align with the principles of Emotional Intelligence.

Develop a deep understanding of self-awareness and its crucial role in effective leadership

Master the art of emotional regulation, explore triggers and how we can enhance our EQ through intentional practice.

Learn how compassion, empathy and kindness play a role in today's workplace

WHO BENEFITS?

Our approach ensures an unparalleled level of engagement and personalized interaction. This intimate setting allows for confidential discussions, the sharing of nuanced challenges, and the development of strong, lasting bonds among a network of influential peers.

We create a space where leaders can truly be vulnerable, explore new paradigms, and emerge with a refreshed vision and actionable strategies for future impact.

A framework for Deep Transformation

READY TO CONSIDER SOMETHING DIFFERENT?

Life-changing programs that transform individuals, teams and organisations

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About Change Innovators

For over two decades, Change Innovators has been at the forefront of catalysing personal and professional transformation. Our pioneering programs are grounded in neuroscience, advanced psychometric data, and performance psychology and are proven to empower individuals, teams and organisations with life-changing experiences.