



# Emotional Intelligence

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

At Change Innovators, we offer a transformative Emotional Intelligence workshop designed to equip leaders with the essential skills for recognising and utilising emotions effectively. Our Emotional intelligence workshop delves deep into the intricacies of EI, offering a profound exploration of how leaders can harness emotions as a significant lever for success.

By employing our renowned EQi-2.0 inventory model and understanding the interplay of different emotional sub-scales, our program elevates leadership capabilities and offers a window into individual happiness and well-being.

Emotional Intelligence is facilitated by our accredited coaches and trainers.

**This virtual learning program includes:**

- Interactive online resources
- Individual EQi 2.0 inventory
- Personalised debrief with a qualified coach
- Global peer-to-peer access to participants across various sectors

➤ Program highlights:

- Gain insights into the emotional landscape, fostering empathy and connection
- Understand emotional intelligence during times of change
- Learning to regulate emotions and understanding how to use them effectively
- Cultivate the skill of leveraging emotions for effective decision-making

**THE BRAIN SCIENCE OF DECISION-MAKING:**

**"We would like to think we are rational beings, but we are emotional beings. It is impossible to make a decision without the Emotional Brain involved. Regulating emotions in today's complex world is a critical skill"**

**WHO BENEFITS:**

**Organisations seeking to enhance workplace culture and productivity**

**Teams aiming for better collaborations and communication that foster a positive team dynamic**

**Individuals looking to build strategies that help to improve emotional management**

**READY TO ELEVATE YOUR EQ LEADERSHIP IMPACT?**

**[Find the next workshop dates and register your attendance now!](#)**

Mastering Emotional Intelligence isn't just a skill; it's your leadership edge. Join Change Innovators for an enlightening journey where emotions are not just understood but leveraged for leadership success. Transformation starts with more meaningful human connections.

**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, data, and performance psychology and are proven to empower individuals, teams, and organisations with life-changing experiences.

**READY TO LEAD WITH CHANGE?**

**[Learn more at www.changeinnovators.com](http://www.changeinnovators.com)**