



Growing Emotional Intelligence and Agility

Are you keen to develop a greater understanding of emotional intelligence, what it involves and explore tools to grow emotional agility?

If yes, this webinar is for you!

Join this practical and interactive Zoom session that provides information about the different components of emotional intelligence along with research-based activities to enhance emotional agility and grow self-awareness.

Within the 3-hour 30minute webinar we will:

- Explore the principals of Emotional Intelligence and discuss with others why it is so useful for your professional and personal development
- Learn more about neuroscience and how the brain and body work in relation to emotions
- Discuss from a personal perspective how emotions influence relationships and performance within a work environment
- Practice tools to develop greater self-awareness and self-regulation of emotions / feelings
- Consider how greater emotional intelligence can help build our assertiveness skills

Why is this topic important?

Research shows that, for better or worse, emotions influence our commitment, creativity, decision making and work quality.

Emotional agility is the ability to be flexible with our own thoughts and feelings in order to have an optimal response to the many different situations we find ourselves in every day.

By focusing in on this topic, it can help us as employees and leaders to gain a better sense of who we are, what influences behaviours, understand why we might respond the way we do in different situations. By putting these insights to use, we can create a more positive and helpful relationships both in work and in our personal lives.

Your Host: Sally Beyer is a qualified and experienced coach, careers advisor, trainer and facilitator, with over twenty-five years' experience of supporting professionals from a wide variety of sectors. Sally specialises in Neuro-Transformational Coaching.

For more details or to ask a question visit: <https://www.linkedin.com/in/sally-beyer/>