

# Emotions in the Workplace.

An Introduction to Emotional Intelligence

1 day program

Fact: The difference makers in any organisation are the leaders and managers within it.

This program makes a difference to those difference makers.

Studies show us that 85% - 95% of the difference between good leaders and great leaders is their emotional intelligence. (Goleman). Emotions assist us with our decision making, problem solving and performance at work. Individuals who are able to harness their Emotional Intelligence in the workplace are more likely to be more effective leaders, be more resilient and consistently perform at a higher standard.

In this workshop we will help you transition the theory of emotional intelligence into a plan for you to incorporate emotionally intelligent leadership into your work, helping to take your leadership capability from good to great.

Key topic areas for this workshop:

- 🌀 What is Emotional Intelligence (EI)?
- 🌀 Science of emotions
- 🌀 Seven skills of Emotional Intelligence
- 🌀 Applying EI to the workplace
- 🌀 Exploring self-awareness strategies

Program dates:

Gold Coast:

**Thursday 28th February**

**Time: 9am - 4:30pm**

**Contact:**

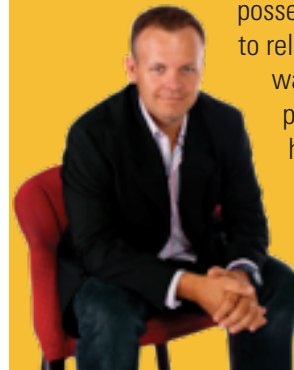
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or (07) 5536 5375 to REGISTER

## About Darren Hill

Darren understands people like few others. A Behavioural Scientist, Darren studies people at work for a living. Darren is often consulted for his unique expertise as a behavioural trend-spotter; someone who can understand and predict the behavioural drivers within workplaces, organisations and even at a societal level. Forward-thinking organisations and leaders across Australia have reaped the benefits of Darren's foresight in these behavioural trends.

With a wealth of experience in large and small business, and from white collar to blue collar audiences Darren possesses a unique ability to relate to people from all walks of life, and is passionate about helping people achieve better results at work and in life.



*"As a HR consultant I can use this in my dealings with staff and managers; enjoyed the practical tips and examples. Will be passing on this information when providing advice. Thanks."*

Jackie Britz, PowerWater

*"An excellent mix of theory to get you thinking, and practical insights for application in the workplace."*

David Hoey, Australian Institute of Management

*"Fabulous workshop, full of really useful information and a very positive perspective on humanity as a whole."*

Kerry Sims, Department of Health



Program presented by **PragmaticThinking**