

# Emotional Intelligence Programme

*'For Leadership positions Emotional Intelligence competencies account for up to 87.5% of what sets outstanding managers apart from the average'*

*Daniel Goleman*



## 'Emotional Intelligence' Intensive

As a result of heightened awareness, the considerable corporate interest in the subject and the desire of many managers and consultants to be able to measure and develop Emotional Intelligence (EI) in both individuals and teams, we are increasing the number of Intensive 3-day Emotional Intelligence Programmes. This highly popular course has been designed by Occupational Psychologists and Business Consultants and represents the very best mix of methods to identify EI strengths and developmental areas as well as highly practical ways to develop these skills in others. The straightforward Q-OPD Emotional Intelligence Model© and Emotional Attribute Model© subsumes the EI model popularised by Daniel Goleman (also referred to as EQ) and the SQ model described by Danah Zohar and will allow you to structure your development work for maximum results.

## Why the 'Emotional Intelligence' Programme?

*Would it be useful to:*

- Transform your staff or your client's performance by developing their EI skills?
- Add powerfully to your current Executive Coaching and Consultancy skills and service provision?
- Have effective, validated methods that you can use to help others to appreciate the nature and scope of their EI?

- Have structured and proven ways by which to enable others to develop their EI skills?
- Begin to help clarify an individual's Life Purpose and unique gifts?

Whether you're a manager, trainer, coach, mentor, counsellor, management consultant or psychologist you will benefit from this unique seminar run by highly experienced business coaches, occupational psychologists and certified NLP trainers.

## What exactly is 'Emotional Intelligence'?

EI is the ability to realise our goals and find meaning in our lives by the skilful use of emotions as a powerful source of information, energy and influence. At its most basic level, EI is the capacity for recognising feelings and emotions in ourselves and others, for managing and utilising them and consistently motivating ourselves and others to achieve stated goals. At an organisational level, it is about optimising the nature and the quality of the connections that exist within teams, divisions and companies. Employees in today's organisations have to cope with long hours, manage high levels of stress, function in increasingly complex business environments and somehow balance all of this with the demands of their personal lives. Research shows that people who demonstrate high levels of EI are better able to manage such demands, realise their dreams, fully utilise their knowledge and

experience and manifest their unique abilities in productive, innovative and sustainable performance. Developing EI skills results in:

- Increased bottom-line performance and the ability to work effectively under pressure
- Enhanced transformational leadership skills and behaviours
- Increasing innovation and creativity
- More trusting and satisfying relationships
- Greater enjoyment, personal fulfilment and renewed meaning to life.

## How is the course structured?

This intensive 3-day course is a careful mix of theory and practice. You will learn how to use the Q-OPD EI and Emotional Attribute Models©, discuss the use and relative merits of the currently available EI tests, receive your own personal EI Report, how to develop emotional intelligence skills, and much more....

## Feedback Comments

**'An excellent course which equips managers with transferable knowledge and skills that can make the difference between the average and first class'** - *Brian Seggie, Synergy Plus.*

**'Intensive and very relevant in the current educational climate'** - *Bev Petch, Solihull Inspectrate & Advisory Service.*

**'Tremendous introduction to Emotional Intelligence for the seasoned HR & development professionals'** - *Paul Doyle, Strategic Development Manager, BT plc*

**For programme dates and further information simply phone: 01344 484634 or visit our website and book online at: [www.qopd.co.uk](http://www.qopd.co.uk)**

# Q-OPD

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