



EMOTIONAL INTELLIGENCE

Unleash Your Talent Within!

Would you like your leaders and teams to:

- ❖ Become even more motivated, committed and productive?
- ❖ Improve their work relationships to collaborate better?
- ❖ Overcome challenges more effectively?
- ❖ Express themselves more clearly and positively inspire and influence others?

If so, call me today to arrange a free 1/2 hour session with no obligation attached!

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**ANITA
SAUVAGE**

EMOTIONAL INTELLIGENCE

A MAJOR CONTRIBUTOR TO YOUR SUCCESS

What is Emotional intelligence (EI)?

In practice it relates to one's ability to recognise one's own and others' emotions, understand and manage those emotions effectively, interact efficiently with others and generate productive work.

Why is EI important?

While emotional intelligence isn't the sole predictor of human performance and development potential, this highly significant and often under-valued set of skills, is proven to lead to a substantial improvement in individuals' business performance and leadership capabilities.

Emotional intelligence is a skill that can be learnt, developed and targeted.

The solutions?

- ❖ **EQ-i 2.0** (Emotional Quotient Inventory – the first scientifically EI validated assessment) measures individuals' self-perception, self-expression, interpersonal skills, decision-making and stress management. It gives them **practical, actionable ways** of developing these skills.
- ❖ **EQ-360** is ideal for use in organisations where developing effective communication between individuals, teams, or the entire organisation is **crucial to success**.



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- ❖ **One-to-one EI coaching** is ideal to help individuals discover, grow and nurture their EI skills aligned with their aspirations and organisational needs. It consists of a free one-hour 'chemistry' session followed by 5 to 7 two-hour (face-to-face or Skype) sessions within 6 to 9 months.

“ Inspiring and stimulating. I feel more comfortable with myself . The world is my oyster! ”

Unleash Your Talent Within!

DEVELOP YOUR EMOTIONAL INTELLIGENCE TO ENHANCE
YOUR INTERPERSONAL SKILLS

Part of our signature programme

Unleash Your Talent Within!

this highly interactive one-day workshop based on our unique **TALENT model** (Think-Ask-Listen-Engage-Nurture-Thrive) enables participants to understand the benefits of being 'emotionally intelligent' and practice some associated skills.

The session covers a range of skills in a specific subject area: **raising participants' emotional self-awareness and building stronger relationships.**

The workshop provides a great introduction to the benefits of being emotionally aware and explains the five core areas: self-awareness, managing emotions, motivating oneself, empathy and social skills.

During the workshop participants will engage with each other on an individual and group basis to explore and understand their emotional responses to situations and the risks and benefits associated with their EI skills.

It comprises several highly stimulating exercises including a **50 questions self-assessment**

“Inspiring workshop! It made me more aware of my 'habits'. I will keep in mind my results to deal in future situations and shape how I handle them. Very thought-provoking.”

Attendees will leave with tools that they can put to immediate use to grow their emotional intelligence talents.

To ensure that participants can further develop these talents, a **workbook incorporating additional exercises will be provided.**

ENGAGE TO PROSPER

MAKE EMPLOYEE ENGAGEMENT YOUR PREFERRED
WORK OF THE DAY!

Employee engagement is a hot topic in this day and age; an ever evolving mixture of thoughts, views and actions, all defined by people and their behaviours. So what makes it so challenging for leaders to fully drive the process?

Engagement is a journey, not a destination. **It is an emotional commitment to the organisation and its goals.**

The employees' strongest driver of all is a sense of feeling valued and involved.

“An insightful, thought-provoking and entirely engaging session that passed all too quickly. If your organisation is considering undertaking any team-building and leadership training, then you should really consider inviting Anita to deliver her masterclass.” Board member

Employees want to know why they should care for their organisation.

Clarity of company's vision and expectations, open communication and shared values are the key ingredients for an effective employees' engagement.

The 2-hour session for Board and Executive Teams is an opportunity to:

- ❖ examine what drives engagement
- ❖ reflect on how successes, challenges and changes of your organisation are communicated to your employees
- ❖ assess how you engage with stakeholders, customers and employees

Through a series of inspiring questions, the session will help you start:

- ❖ reflecting on your communication habits,
- ❖ considering how you can establish a platform that will create further collaboration and commitment with your employees.

