

EMOTIONAL INTELLIGENCE FOR TEAMS



After twenty or so years of research and implementation, the term Emotional Intelligence (EQ) is common lingo in the workplace. But did you know that:

1. **90% of Top Performers are high in EQ?**
2. **EQ is TWICE as important as IQ in achieving your goals?**
3. **At least 58% of performance in all jobs is related to EQ?**
4. **There is a direct link between EQ and income – every point higher gives you \$1,300 more a year**
5. **Middle Managers score the highest on EQ, CEOs the worst?**
6. **Generally, the older you are the higher your EQ (experience counts!)?**

There have been many pioneers in the field of EQ including John Mayer and Peter Salovey and Daniel Goleman. The above statistics are from the **current bestselling book *Emotional Intelligence 2.0***.*

In this interactive and engaging workshop, each participant receives a copy of ***Emotional Intelligence 2.0*** and completes a **personal emotional intelligence assessment**.

During the workshop, we dive into the areas of **Self Awareness, Self Management, Social**

Awareness and Relationship Management. We uncover your strengths and challenges as a team and as individuals as help you create a plan to get you to where you want to go!

EMOTIONAL INTELLIGENCE FOR TEAMS LEARNING OBJECTIVES:

By the end of the day you will:

- **Understand your strengths and challenges** in the four domains of EQ
- **Practice Listening Skills** with your team
- **Be able to perceive the thoughts and feelings of others** even if you don't agree
- **Learn specific strategies to manage stress**
- **Be able to better read non-verbal communication**
- **Practice openness and curiosity** to new ideas (instead of shutting others down)
- **Identify three personal EQ areas of focus for improvement**
- **Have fun!**

The Emotional Intelligence for Teams program is experiential, engaging and fun. You won't be sitting through a boring lecture! **This day is packed with learning and fun.**

PROGRAM HIGHLIGHTS:

- **Personal EQ self-assessment and results**
- Practical exercises to **implement immediately**
- **In-depth team problem solving activities** to focus on EQ
- Create a **personal action plan** with regards to your EQ results

This program is for teams who are committed to continually learning and improving.

The design of this program is perfectly suited for quick, high-impact learning and positive change in the workplace.



MOST POPULAR



INDOOR



CULINARY



PHILANTHROPY



SPEAKERS & TRAINERS



OUTDOOR



SCAVENGER & TREASURE HUNTS



EVENING

EMOTIONAL INTELLIGENCE FOR TEAMS

WHAT PREPARATION DO WE NEED TO DO FOR THE TRAINING?

Our Emotional Intelligence expert and trainer will speak with you before your training to discuss your goals and determine the most effective training activities for your group.

WHAT ARE THE SPACE REQUIREMENTS?

We will need a place for everyone to sit and tables to write on and also open space to move around and do the group exercises. We can also do some of the group exercises outside if space and weather permit.

HOW IS THE ROOM SET UP?

The room is best set up with tables in a u-shape and enough chairs for all participants. A small table for the facilitator is great and a place to set up. You will be changing places and up and moving around so tables and chairs should be movable. Also, a large open space for team activities is important.

ARE THERE ANY SPECIAL AV/EQUIPMENT REQUIREMENTS?

Flip charts and easel, projector for groups over 40.

WHAT'S THE PERFECT GROUP SIZE?

The perfect size is around 10 – 40. This ensures full participation and more individual attention and also gives us a variety of personality styles. If you have a larger team or multiple departments, then we recommend scheduling additional sessions.

HOW MUCH SETUP TIME IS NEEDED ON THE DAY OF THE EVENT?

If the room is already set up we like to arrive at least an hour before the event starts to set up our

equipment and make sure the room is arranged properly.

HOW LONG IS THE PROGRAM?

The Emotional Intelligence for Teams program is half- or full-day program if you have additional learning objectives. This is also a great program to pair with an afternoon fun team building event to reinforce the learning. We also recommend scheduling a follow-up session or quarterly training to build on the foundation of the Emotional Intelligence for Teams program.

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