

# Leading with Emotional Intelligence



## Two-day workshop

8:30am - 5:00pm

### What's it about?

This practical 2-day workshop equips you with the foundational skills to become more flexible, self-aware and people savvy to take your leadership to the next level.

### Outcomes

- Learn practical strategies to respond more skilfully as pressure, tension and complexity increase.
- Identify patterns, triggers and emotional habits that either drive or derail performance.
- Increase awareness of situations that risk having emotions lead to unskilful behaviour and poor decisions.
- Gain core skills and critical knowledge to engage people and make good decisions.
- Take charge of your emotions so that you are in control of your actions.

### Who should attend?

- Leaders, Managers, Team Leaders, Supervisors.
- High potential individuals aspiring to a leadership role.
- Anyone who wants to increase their influencing skills and ability to manage relationships.

### Could your team benefit from this workshop?

All our workshops can be tailored to best meet the needs of your staff and your business. Hold it at yours, or hold it at ours – what works for you, works for us. Discounted team pricing available on request.

This workshop is registered with the Management Capability Development Voucher Fund. You may be eligible to receive 50% discounted training. Ask us how.

0800 383 737  
everestpeople.co.nz

 **Everest**  
all about people™

## Facilitators

Specialist and accredited facilitators will guide and support your learning throughout the two days.

All our facilitators share passion, knowledge, commitment and a real world understanding of what it takes to lead and live with emotional intelligence.

They convert the latest research and techniques into everyday language so you can immediately grasp the relevance to you and put techniques into action.

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## Workshop Outline

### Day One – Emotional Intelligence

- Mayer-Salovey-Caruso model of emotional intelligence (MSCEIT) - perceiving, using, understanding and managing emotions
- The science of emotions - neuroscience for leaders
- Emotional perception in self and others
- Using emotions to facilitate cognitive thinking
- Emotional complexity - why people do what they do?
- Emotional triggers - understanding progression

### Day Two – Leading Self and Others

- Managing emotions in self and others - building resilience and handling emotions effectively
- Creating a climate of success through your own emotional intelligence skills and strategies
- Building positive relationships to create higher performance
- Team communication - positive ratio for success
- Actions to drive engagement

### Individual Support

- Mayer-Salovey-Caruso Emotional Intelligence (MSCEIT) Assessment
  - Confidential one-on-one 90 minute assessment debrief
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## Participant Testimonials

The Everest two-day Emotional Intelligence workshop is incredibly valuable in both my professional and personal life. My raised self-awareness and awareness of others has improved my relationships and how I interact on a daily basis and in the more challenging situations we can find ourselves in.

I would recommend this workshop to anyone who deals with people; the tools and strategies learnt further developed my communication and leadership skills.

**Mandy Carson, General Manager**  
Independent Verification Services

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The Leading with Emotional Intelligence course has given me the opportunity to explore, understand and therefore better manage my own and influence my teams emotions. Impressed by the professional facilitators I recommend this course for both people leaders and team members who wish to develop themselves and get the best from their team through a wider understanding of the power of our emotions.

**Melanie Reid, Chief Operating Officer,**  
Holdfast NZ Ltd

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What a really great workshop. The presentation skills were excellent and effective allowing me to challenge and extend my connection with emotions.

I learned much about how to better relate and interact with others. Everyone would benefit significantly from this.

**Craig Wylde**  
Advantage Business



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