

# Lead with impact

EQ Skills for Leaders



Contact us today to enquire about dates or in-house delivery.

Contact [kv@kimvella.com.au](mailto:kv@kimvella.com.au) | 0422 749 649

 kimvella  kimvellacoaching



Understanding the powerful role of emotions in the workplace sets the best leaders apart from the rest—not just in tangibles such as better business results and the retention of talent, but also in the all-important intangibles, such as higher morale, motivation, and commitment.

— Daniel Goleman, *Leadership: The Power of Emotional Intelligence*

## Why attend—benefits

If you're a leader, you need expert Emotional Intelligence (EQ) skills to lead and reach great heights. EQ is essential for driving success because we have two minds—one that thinks and one that feels. You must understand EQ and develop practical skills to lead your team to victory.

With this two-day course, you'll build your understanding of what EQ is. More importantly, you'll sharpen your EQ skills around self-awareness, self-regulation, motivation, empathy, and social skills.

So what will this course do for you? It will teach you:

1. to lead in new and inspiring ways
2. practical techniques for putting EQ skills into action
3. how your brain and nervous system influences your behaviour
4. how to avoid unproductive collisions through renewed focus.

**Will this inspirational course make you a better EQ leader?**

**Yes! It's 100% guaranteed to give you the skills to do so.**

## Workshop timing

9am to 4.30pm

## Investment in your career

**Early bird special** (Save \$200) **\$1,995 +GST**

**Standard rate** **\$2,195 +GST**

Included: Course materials, complimentary guide *How to write a winning resume*, networking

15% discounts available for groups of three or more.

## Meet Dr Kim Vella

Founder of Kim Vella Coaching



Kim is a highly qualified and experienced accredited career coach. She's down-to-earth and facilitates workshops in a positive way. Kim has first-hand insight into what's needed to achieve career goals. She also 'gets leadership', having worked at SES Band 1 Level and in governance roles for the public sector and at the Australian National University. Kim will support you in developing and refining your leadership skills using effective strengths-based coaching and collaboration.

## Day one

### EQ fundamentals

- learn the amazing benefits of EQ
- deepen your understanding of the five core EQ skills
- understand the link between your resilience and EQ skills

### Respect and trust

- learn how neurotransmitters activate your responses, interactions, influence
- explore how to respect the perceptions/learning styles of others
- learn activities to enable your brain to seek good, trusting experiences

### Well-developed presence

- understand skills for being present and flexible during conversation
- learn to cope with not knowing and how to take risks
- understand to self-manage and not be overpowered/enmeshed by others' emotions

### Active two-way communications

- learn to ask open-ended questions to build better perspectives
- learn to really hear what others want and believe is possible
- explore how to integrate and build on the ideas and suggestions of others

## Day two

### Leader as coach

- understand what coaching is and its difference from other leadership techniques
- learn about essential International Coach Federation core competencies
- learn the International Coach Federation's values and ethics

### Direct communication

- gain skills to champion new behaviours and actions
- learn to be clear, articulate and direct in sharing and providing feedback
- understand how to clearly state objectives, agendas and approaches

### Create ongoing learning

- learn to help others explore ideas and solutions, evaluate options, and make decisions
- gain skills to challenge assumptions/perspectives to provoke new ideas/possibilities for action
- explore how to express insights to others in useful and meaningful ways

### Create an action plan

- develop an action plan to put strategies, tools and insights you learn into practice
- set your career on a strategic leadership track
- commit to active steps and achieving lasting results

## Other workshop bonuses

Learn what patterns drive us to connect, engage and co-create.

Benefit from a free one-on-one executive career coaching session post workshop to support your ongoing engagement in learning.