

# Emotional Intelligence - it can change your life!

First brought to public attention in 1995 Daniel Goleman's book: *Emotional intelligence: why it can matter more than IQ*, Emotional Intelligence (EI) is now widely used in the workplace to identify and enhance competencies such as:

• Leadership and team building	✓
• Conflict management	✓
• Developing others	✓
• Personal development	✓
• Strategic thinking	✓
• Managing change	✓

But Emotional Intelligence is so much more than that!

- What if you could step outside yourself and observe how you are with other people, then **change the way you act** so that they like, trust and respect you even more!
- How about if you **enjoyed a strong inner self belief** that allowed you to take on any situation, fully confident that you could handle it.
- Would you like to be able to keep your less than useful impulses in check and **discover a deep well of more useful internal resources** and tools you can use instead?
- And would you like to turn yourself into **a shining example of excellence, resourcefulness, integrity and calm?**
- You could be **the best possible version of you** at all times!

Sound interesting?

Well how would you like to have **your own personal Emotional Intelligence session**, complete with a trained assessor, all to yourself, for you to ask any questions about any aspect of your own personal development?

**Well, now you can!** We bring Emotional Intelligence to you, at your workplace or home and in a single day session you will **walk away a feeling refreshed and in control of your life again.**

Using Emotional Intelligence Assessment you will:

- Gain a **deeper understanding** of how you operate, both in your personal and professional life.
- Acquire knowledge of your **key strengths** and how to build on them
- Identify areas useful for **further development**
- **Use a range of tools and resources** to help you change habits and develop new skills.

You will also learn **lots of tips and tricks**, using Neuro Linguistic Programming (NLP), modelling and visualisation techniques to help you get even more from the session. You can even include Belbin team roles profiling and / or 360° workplace assessment if you wish.

And the cost?

A personal day session includes:

- An online **Emotional Intelligence assessment** (further assessments are also available – just ask)
- A full **diagnostic report** and recommendations
- A **personal one-to-one session** with a qualified Emotional Intelligence Assessor (3-4 hours, depending on requirements)
- A realistic and **achievable action plan**
- Full **ongoing support** via e-mail for the life of the action plan

Why not get the boss to pay?

This development session can **tick all the boxes on your Personal Development Plan (PDP).**

Business Individual cost: £499 (+VAT)

(We also offer group discounts and Team EI too!)

If you're financing the session yourself we can offer it at a reduced rate of £299 (+VAT).

If you would like to book this course, have any questions or would just like to chat about what the course entails please contact me, Georgia, on [mail@toppublicjobs.com](mailto:mail@toppublicjobs.com) or my personal phone: 07957 46 88 71.

**I really look forward to hearing what you have to say!**