



Looking for a short session that increases awareness and stimulates performance? How about a lunch-time talk on “Maximising Emotional Intelligence in the Workplace”? Perfect for management teams or a manager and their team.

### WHAT’S EMOTIONAL INTELLIGENCE?

It’s the additional set of skills and abilities that enable some people cope with everyday life better than others. Effective emotional intelligence underpins success in management, leadership, change and sales.

### WHAT’S EMOTIONAL INTELLIGENCE GOT TO DO WITH THE WORKPLACE?



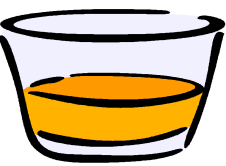
Does “blowing hot & cold” or defensiveness behaviour cause problems? Is a measured and open approach more effective?  
Self-Awareness or **INTRA-PERSONAL**



What’s more important to you – a manager who gets the work done at any cost or one who gets work done via their people?  
Building Relationships or **INTER-PERSONAL**



Do short fuses and quick tongues cause needless problems? Or are managers able to deal with their stress levels?  
Emotional Regulation or **STRESS MANAGEMENT**



Does a manager’s glass-half-empty view get in the way of success? Is the need for 100% perfection de-motivating staff?  
Self-Motivation or **GENERAL MOOD**



Is change happening as quickly as it should? Are your people too busy spotting problems instead of solving problems?  
Change Management or **ADAPTABILITY**



### WHAT ARE THE FINER DETAILS OF BOOKING A SESSION?

**INVESTMENT:** €175 plus participants’ lunch, up to 15 participants per session

**LOCATION:** Your premises

**TO BOOK SESSION:** Contact Irial at:

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