



## EMOTIONAL INTELLIGENCE (EQGC)

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A great course for anyone...who wants to know more about emotional intelligence.

### **Purpose:**

A workshop to develop your potential to recognise, manage and de-mystify emotions, increasing your ability to confidently use your humanity and grace in business.

- Learn how to manage your emotions in "hot" situations
- Understand the emotions of others and how to control your reactions to them
- Uncover the secrets of self-motivation
- Learn how to handle "difficult" people
- Learn how to value different responses in others
- Be more in control of you life
- Become more effective in your business relationships
- Feel more comfortable in difficult situations
- Feel in charge of your life
- Learn how to be pro-active not reactive. © Voice Business 2002-2011

### What you will learn:

This is a workshop all about emotional intelligence.

#### **In it you will learn...**

- **Part 1 Understanding Your Self- as an Emotional being**

How to be authentic, respectful, and responsible - by first coming to understand what your "emotional life" consists of.

*Exercises in:*

Examining Your Emotions  
The Physiology and Microbiology of Emotions and Emotional Energy  
Tension and time of day

- **Part 2 Emotional Connection**

How to identify emotional states in others and build "emotionally connected" relationships- even with "difficult " people.

*Exercises in:*

Identifying and generating emotional states  
Handling pain and passion in others  
Creating trust

- **Part 3 Self Motivation**

How to manage your emotions so you can "feel the fear and do it anyway".

*Exercises in:*

Building "resource" states  
Commitment and character  
Sensing future opportunities  
Self renewal

- **And much, MUCH more!**

Duration of each session:

Half Day (4 hrs) - Basic skills  
Full Day (8 hrs)

Participants:

Ideal number of participants: 4-12

Half Day:

\$2750 + gst (per group)

Full Day:

\$4500 + gst (per group)

Two day:

\$6700 + gst (per group)

Payment Accepted:

Cash Cheque Invoice AMEX VISA MC BC

Location-Onsite or Offsite Venue-To be announced

Tapes/CDs and Work notes included

**The Voice Business** [www.voicebusiness.com](http://www.voicebusiness.com)  
email: [Bookings@voicebusiness.com](mailto:Bookings@voicebusiness.com)

#### **To make booking**



Call (02) 9957-4208