

Unleash
your potential

Powering Growth Through EQ

Build your Emotional Intelligence with
concrete tools and strategies



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Program Overview

The key to successful teams, organizations and businesses is not only in hiring the most intelligent and qualified people; it is found in the “edge” that allows them to thrive. That edge is Emotional Intelligence (EQ).

People with high EQ are able to identify, use and manage emotions well in themselves and others – and this is at the heart of leadership, productivity, wellbeing and effective relationships.

In this highly interactive seminar, you will be introduced to a model of EQ and will be exposed to concrete strategies and tools to help you optimize your own EQ. The goal is to enable you to communicate more effectively, make better decisions and cultivate more positive relationships.

Key Benefits

- Understand why emotions are key
- Effectively manage your stress response
- Cultivate more productive and positive relationships
- Communicate and influence more effectively
- Learn to build high-functioning teams
- Build your personal action plan to strengthen your EQ
- Increase your team’s productivity
- Minimize conflict within your organization
- Retain top talent
- Improve the overall working culture

Who should attend?

This program is designed for professionals and managers at any level including executives, project managers and team leaders, who are seeking to improve their professional and interpersonal effectiveness. It is particularly useful for anyone moving into a new supervisory position.

What is included

The registration fee includes seminar supplies, a comprehensive workbook, meal service (breakfast, lunch and breaks) and a **certificate of completion** from the McGill Executive Institute.



Key Themes

Setting the Stage

- From IQ to EQ – understand the importance of Emotional Intelligence in effectively managing your work relationships
- Learn about EQ’s impact on productivity, success and well-being in the workplace
- Define the 5 domains of EQ and associated 15 competencies
- Work with a framework to build your self-awareness and improve your challenging relationships

Deepening Your Self-Awareness

- Connect with and effectively use your emotional information to make better decisions
- Identify and manage your emotions and “hot buttons” under pressure
- Understand the impact of stress on effective decision-making and how to manage it
- Learn about critical EQ skills and gain awareness of your own EQ competencies
- Experience activities and exercises designed to help you develop your EQ

Workplace Productivity and Motivation

- Communicate with and influence others more effectively
- Understand what the concepts of “achievement” and “reward” mean to different people

Emotional Intelligence and Your Team – Deepening Your Understanding of Others

- Understand the qualities of emotionally intelligent leadership
- Examine your workplace relationships
- Understand the importance of empathy in the workplace and develop your empathic leadership
 - Foster increased employee satisfaction and collaboration

Building Your Personal and Social Emotional Intelligence Skills

- Build awareness of your own and other motivational value systems and how to work effectively together
- Understand your reactions at work
- Use your personal strengths more strategically
- Increase your flexibility in adapting to and working with others

Managing Conflict

- Understand the different triggers that put people into conflict
- Examine your own conflict response and how to manage it
- Learn to pro-actively prevent conflict and resolve conflict when it happens

From Workshop to Workplace

- Develop your action plan to implement the EQ skills you have learned to improve your personal and professional effectiveness