

# Enhancing Emotional Intelligence

12 Jun | Online



## Strategies to cultivate self awareness and empathy for personal growth and team success

- Gain an understanding of Emotional Intelligence (EI) and its significance in personal and professional contexts
- Increase self-awareness by identifying strengths, areas for development and emotional triggers
- Cultivate empathy and social awareness for better understanding of others' emotions
- Apply EI in teams through meaningful connections, and a personalised action plan

### THE AGENDA

#### Workshop

12 JUN | 9:00 - 12:30

##### Emotional Intelligence (EI) essentials

- Understand EI and its importance in life and the workplace
- Assess your strengths, development areas and emotional triggers
- Embrace self-awareness, social awareness, and empathy

##### Applying EI in a team environment

- Build meaningful connections with those around you
- Develop strategies to lead, motivate and influence others
- Create a personalised action plan for integrating EI in the workplace

### YOUR FACILITATOR

Amy is a highly sought-after leadership coach and trainer, and one of Australia's leading Emotional Intelligence (EI) specialists, with over twenty years of expertise across learning, leadership and organisational development. Known for her dynamic facilitation and presentation skills, Amy can connect and motivate groups of all sizes, technical capabilities and levels of leadership, across many sectors and industries, including adult education, public sector and financial services. Amy has built her career working with some of the best – IAG, ANZ, Contiki, Avis, Australian Institute of Management, Dress for Success, and many more!



**Amy Stewart**

Leadership & Organisational Development Specialist

Amy Stewart Learning and Development

### GROUP DISCOUNTS

3 - 4 Attendees

**10%**

5 - 7 Attendees

**20%**

8 - 9 Attendees

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10+ Attendees

**30%**

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