

# Emotional Agility Workshop

30 Jul | Online



## Embrace adaptability and resilience - A practical toolkit for managing emotions with ease

- Develop awareness and understanding of emotions
- Build skills to effectively navigate emotional stress
- Develop resilience skills to respond to challenges with flexibility
- Connect emotions and actions with core values for authentic decision-making

### THE AGENDA

#### Workshop

30 JUL | 9:00 - 4:30

- Understanding emotions and triggers
- Exploring your why and values
- Building emotional resilience and well-being
- Integrating emotional agility into your daily life

### 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

### GROUP DISCOUNTS

3 - 4 Attendees

**10%**

5 - 7 Attendees

**20%**

8 - 9 Attendees

**25%**

10+ Attendees

**30%**

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