Unleashing the performance potential in people

Personal Mastery & Emotional Intelligence (EQ)
MASTERING yourself and your relationships with others

“This programme will assist people who deal with difficult situations on a daily basis. It provides practical tools on how to manage any situation and helps you understand your own emotions.”
Training Manager – BP South Africa

Introduction

Today’s business world is characterised by complex matrix structures, escalating demands to innovate, increasing time pressures, and authority-averse employees. As a leader in this environment, your individual self worth is more important than ever before, and will have a profound effect on your own and your organisation’s performance as a whole. Whether you’re a middle or senior manager, your ability to lead, manage and communicate effectively depends largely on your own level of personal mastery and emotional intelligence.

So what does having personal mastery and emotional intelligence actually mean?

It means you’re able to understand the needs, emotions and motivations of yourself and others, which allows you to take your life, performance and relationships to new levels. With this healthy self-awareness in hand, you’re also better able to harness your own power and achieve success in your life, leading to a more meaningful, valuable life experience.

Our two day Personal Mastery & Emotional Intelligence (EQ) course will teach you the principles and skills for getting to know yourself better, and for optimising your performance and leadership skills by managing your own and others’ emotions. You’ll learn to develop leadership characteristics including:

• A natural optimism that radiates and inspires others;
• The ability to make challenging situations seem manageable, and to empower those around you to strive for greater heights;
• Finding meaning in what you do and communicating this commitment both through your words and actions;
• The ability to be vitally AUTHENTIC, where there is alignment between what you say and what you really mean and feel.

What does the course involve?

The Personal Mastery & Emotional Intelligence (EQ) course is highly practical and personal, with no more than 16 delegates per group. You’ll learn to uncover hidden aspects of your internal self through a journey of behavioural, cognitive and emotional self-awareness. In addition, you’ll learn how to use emotional intelligence to improve relationships, manage conflict, develop, influence and motivate others as you lead them. After completing an online EQ assessment, the course will cover topics including:

• Understanding the physiology behind emotions;
• Understanding the importance of EQ in personal mastery and social awareness;
• How to take more responsibility for your life by maximising freedom of choice, being honest with yourself, and committing to a positive and emotionally mature approach to life.

Who should attend this course?

The Personal Mastery & Emotional Intelligence (EQ) course is suitable for anyone who’d like to maximise their overall level of functioning and self-management, including middle to senior Leader-Managers, senior sales people and consultants. The course is also ideally suited to you if you want to improve the quality of your interpersonal relationships and ability to communicate – both in a personal and business context.

Learning process

• Programme duration: 2 days
• Prerequisites: none
• Group size: 12 – 16 participants
• Pre-work: Online EQ assessment plus an online pre-programme assessment

NQF aligned

• Level: 5
• Credits: 4
• Services SETA company full accreditation number: 0595

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