



UNLOCKING EMOTIONAL INTELLIGENCE

Embrace the HEART-beat of human connection to thrive & succeed

The ability to recognise and master our emotions is a crucial factor in our success to build positive relationships with others – and ourselves. And a heightened Emotional Quotient will enable us to feel resilient and capable of securing positive outcomes even from challenging situations.

This engaging session, led by Martin Probst, a leading expert in human-centred leadership, delves into the core principles of EI, enhancing your capacity to understand, manage, and harness emotions effectively. You will walk away with powerful mental and emotional management techniques designed to contribute to better decision-making and improved team dynamics.

Equip your people with the power of Emotional Intelligence so they can lead themselves, and others, more effectively.



KEY OUTCOMES

- Understand the components of emotional intelligence
- Develop self-awareness and areas for improvement
- Respond to challenges with calm and control
- Manage emotions and maintain a positive mindset
- Adapt to changing circumstances with resilience



IDEAL FOR

- People required to lead with authenticity and psychological safety
- Team members wanting to better manage their emotions and reactions
- Individuals seeking to strengthen working relationships and team dynamics
- People wanting to improve decision-making under pressure



WHAT YOU GET

- Engaging, interactive and thought-provoking training session with real-time insights and activities
- Option to tailor this session to a length other than half-day
- Carbon-neutral training

**Ready
for the
next step?**

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