



# COACHING EMOTIONS

## EMOTIONAL INTELLIGENCE TOOLKIT FOR LEADERS AND TEAMS

Whether you are looking for a live webinar, a half-day or full-day onsite training, whether you are looking for an introduction to emotional intelligence (EQ) or a deep dive into one specific EQ topic, we've got the perfect solution for you.

Here are some of our signature training courses.

**These training courses can be offered in English and French.**

### LEADERSHIP AND EMOTIONAL INTELLIGENCE

- The role of EQ in effective leadership.
- Inspiring and influencing others through emotional intelligence.
- Leading with authenticity and empathy.

### FEEDBACK AND COACHING

- Delivering constructive feedback with empathy.
- Coaching for performance improvement.
- Creating a culture of continuous learning.

### CONFLICT RESOLUTION

- Understanding the sources of conflict.
- Applying emotional intelligence in conflict resolution.
- Mediation skills for leaders.

### EMPATHY IN ACTION

- Understanding and recognizing emotions in others.
- Active listening skills.
- Developing a culture of empathy within the team.

### SELF-AWARENESS

- Techniques for self-reflection and self-assessment.
- Identifying personal strengths and weaknesses.
- Recognizing the impact of emotions on decision-making.

### SOCIAL AND COMMUNICATION SKILLS

- Building effective communication skills.
- Conflict resolution and negotiation.
- Building and maintaining strong relationships.