

# EMOTIONAL INTELLIGENCE

## Strategies for Diverse and Cohesive Teams

**Proactive strategies for  
understanding and  
influencing emotional  
responses in ourselves and  
our team members**

**“Fun, insightful  
and captivating!”**

– David Zinman | PMI Ottawa Valley



**ALAN MALLORY**

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# Emotional Intelligence Strategies for Developing Cohesive Teams

By Alan Mallory, MA, BSc, PE, PEng, PMP

*Emotional Intelligence* is the ability to identify, manage and purposefully express our own emotions as well understand and respond appropriately to the emotions of others. This is a crucial capacity to develop for leaders and team members as it plays such a critical role in motivating others, problem solving, resolving conflicts and in building relationships.

Alan's emotional intelligence keynote helps develop leaders and strengthen teams by exploring the skills and mindsets that are essential for emotional growth. It includes practical tools and examples that can be implemented to achieve results, and Alan's own transformation is evidence of this. Our attitudes, moods and overall happiness in life are closely tied to our level of emotional maturity. We can become an inspiration for our team members, our family members, our friends, and ourselves if we focus on making incremental positive changes.

Alan's philosophy of life revolves around living proactively rather than reactively and he has infused his proactive approach into the tools, strategies, innovative ideas that he shares throughout this engaging program on emotional intelligence.

Some of the focus areas include:

- Emotional stigma and our tendencies to suppress emotions
- Mental health and the internal challenges we are faced with
- The technological influence on emotional intelligence
- Recognizing and managing emotions in ourselves
- Opportunities for influencing emotional responses in others
- Non-verbal cues and reading people
- The emotion-cognition correlation (EQ & IQ)
- Stress, risk factors and coping/reduction mechanisms
- Transparency and integrity in the ways we communicate
- Cultural, locational, personality and generational considerations
- Our brain's limbic and neocortex thinking systems
- Optimism and controlling our focus
- Fears and internal roadblocks that inhibit individuals and teams

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**“Great Insight! Lots of new frames of mind to apply to my work and life”**

– Tyla Pennell | Corporate Financial Officer | District of Taylor



# Biography

Alan is an international speaker, author and performance coach who is passionate about leadership and reaching new heights in all that we do. His unique philosophy of life revolves around empowering people and embracing an agile mentality focused on relationships and results. By understanding what drives and motivates us, we are able to cultivate more innovative and effective ways of thinking and taking action. Alan holds a degree in Engineering from Queen's University and a Masters in Psychology from Adler University, giving him a well-balanced approach to the outer and inner challenges we all face. Living and working abroad has given Alan the opportunity to deepen his understanding of individual and team challenges, better appreciate cultural diversity and successfully adapt to different organizational structures. Alan has always had a keen interest in discovering what drives us to do what we do and how we can use this knowledge to improve our lives and the lives of those around us.

Alan holds a world record from his family's ascent of Mount Everest in 2008 but he has also overcome many internal 'Everests' in his life, from working through social phobia and generalized anxiety disorder to breaking free from depression. It was these internal challenges that sparked Alan's passion for studying the human mind and set him on a journey of self-discovery and continuous self-improvement in the areas of mental health and emotional intelligence.

A number of promotional videos can be viewed at:

[www.alanmallory.com/video](http://www.alanmallory.com/video)



## Style and Audiences

The presentation style that Alan has developed is energetic, engaging and interactive while the nature of his material encourages innovative thinking from participants. The techniques that he uses combine research and scientific studies with practical, actionable steps, resulting in an exceptional learning experience and greater knowledge retention.

Alan has worked with many diverse audiences and continues to seek to understand what is most effective for each unique group. He customizes his programs to focus on the themes and areas that will be most beneficial for each audience.

**“Alan had the best keynote I’ve ever seen. A fantastic story and he told it beautifully. Don’t change a thing.”**

– Jason Michels | PMI Chicagoland



## Reviews and Testimonials

*“Nothing short of outstanding!”*

– Gary Laakso, CFP, CLU, CHS | The Co-operators | Advocis

*“Edge of the seat presentation! Really enjoyed it!”*

– Steve Kerkisick | PMI East Tennessee

*“An almost unbelievable story of hardship and perseverance”*

– Paul Mitcham, PEng, MBA | Commissioner | City of Mississauga

*“The feedback from our members was phenomenal”*

– Ken McNaughton | Program Chair | Advocis Brant/Norfolk

*“The one standing ovation at District Conference”*

– John Donovan | District Governor | Rotary District 5710

*“Simply amazing and awe-inspiring”*

– Matthew Ng, PEng, MBA, PMP | Manager, Chapters | Professional Engineers Ontario

*“We had great feedback and you were the biggest draw we’ve had all year!”*

– Justin L. Price, CFP, CRC | Events Chair | FPA of West Texas

*“We’ve had nothing but positive feedback since!”*

– Autumn Smith | Manager | Haliburton Chamber of Commerce

*“You were the highlight of our conference!”*

– Jim Mckee | Rotary District 6330 Governor | All Ohio PETS

*“Kept us on the edge of our seats from start to finish. Everyone was engaged.”*

– Rob Black | Chief Executive Officer | Rural Ontario Institute

*“I have no idea how I am going to even come close to matching your presentation and demonstration for future conferences!”*

– Steve Head | Executive VP | Telephone Association of New England

*“Extremely engaging and fun!”*

– Ryan Graham | Sr. Manager of ISS | Fanshawe College

*“Riveting. I was in awe of Alan’s story”*

– Jennifer Voss | Texas Parks and Wildlife







## Partial Client List

Barrick Gold Corporation  
 General Motors  
 Insurance Brokers Association of Ontario  
 Sargent & Lundy  
 Professional Engineers Ontario  
 R.J. Burnside and Associates  
 Medical and Biological Engineering Society  
 Alberta Seed Processors  
 Sykes Assistance Services Corporation  
 The Salvation Army  
 The Financial Advisors Association  
 Community Living Mississauga  
 Simcoe Muskoka District School Board  
 Hatch Mott MacDonald  
 Society for Mining, Metallurgy & Exploration  
 HSL Nuclear  
 The Financial Planning Association  
 Rural Ontario Institute  
 The City of Revelstoke  
 District of Taylor  
 Hatch (Chile, Peru, Australia, US, Canada)  
 Queen's University  
 Wilderness Canoe Association  
 Hamilton Wentworth District School Board  
 SHAD Entrepreneurship Cup  
 Voith Hydro  
 Sykes Assistance Services Corporation  
 Middlesex-London Health Unit  
 L3 Writers Conference  
 Telephone Association of New England  
 Community Living Mississauga  
 Students Against Drinking & Driving  
 Meeting Planners International  
 Service Experts Canada  
 The Project Management Institute  
 Science Teachers Association of Ontario  
 Mountain Equipment Co-op  
 Rotary District Conferences  
 The Canadian Gas Association  
 Human Resources Professionals Association  
 Association of Administrative Assistants  
 Schulick Executive Education



## Mental Health

There is a strong link between emotional intelligence and mental health that Alan elaborates on throughout his programs. Mental health is one of the biggest challenges that we face in society today and our over reliance on technology combined with our fast-paced lifestyles are contributing to this demise. Alan has had his own journey with mental health and his programs combine personal experience with research and insights to help others make changes that will foster improved mental health.

## Interactive Components

Depending on the specific goals and duration of Alan's program, he has many interactive components that he often integrates throughout. These interactive components can include interactive discussions, communication challenges, digital audience polling, construction activities, problem-solving scenarios, networking and hands-on activities with ropes and other equipment. If one or more of these interactive components would be a good fit for the specific group, this will be discussed with the event organizers so that the program can tailored accordingly. The interactive components allow participants to network and learn from each other's ideas, challenges and solutions with Alan facilitating the process. The result is a series of enlightening conversations and hands-on involvement designed with the specific event goals in mind.

The example below shows a fun, interactive activity which relates to communication, development of trust, teamwork and leadership. Following images and instructions that Alan provides, volunteer groups help to construct the different sections of a Z + C pulley system, used for crevasse rescue in mountaineering. Once the pulley system has been assembled, the purpose of all the various sections is demonstrated and the overall effectiveness. It is a great way to get people out of their seats, conversing and working together in a fun, collaborative atmosphere.



**“Engaging, interactive and entertaining!”**

— Thea Luong | Texas Parks and Wildlife