

# Emotional Intelligence Skills Training

A highly practical 1-day programme presented by:



*This is a fun day but with serious intent.*

*“Research shows convincingly that EQ is more important than IQ in almost every role and many times more important in leadership roles. This finding is accentuated as we move from the control philosophy of the industrial age to an empowering release philosophy of the knowledge worker age.”*

- Dr. Stephen Covey,

Author of *“The 7 Habits of Highly Effective People”*

## Who should attend?

Executive’s seeking to develop their Emotional and Social Intelligence (EQ) to unleash their leadership potential and skills.

In today’s fast-paced world of competitive workplaces and demanding personal lives, each of us seeks effective tools that can make our schedules, behaviours and relationships even more effective.

## The answer?

EQ is now accepted by all leading experts as the N<sup>o</sup> 1 predictor of professional and personal success. The good news is that you can enhance your EQ, and this programme equips you with the skills proven to impact job performance.

## During the programme you will:

- Learn the science and business case behind EQ
- Measure your EQ and its impact at work
- Master the core leadership skills of EQ
- Learn to optimise your own and others’ performance
- Learn more effective ways to deal with emotional situations
- Learn to apply EQ to lower stress and maintain poise
- Watch video clips of EQ in action
- Learn to enhance trust through EQ



**The next open-enrolment programme in our training facility is on:**

# Registration Form



# KinchLyons

where psychology means business

Name \_\_\_\_\_

Organisation \_\_\_\_\_

Position \_\_\_\_\_

Address \_\_\_\_\_

Address for Invoice if different

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Tel N° \_\_\_\_\_

Mobile N° \_\_\_\_\_

E-mail \_\_\_\_\_

Date of Programme \_\_\_\_\_

Purchase Order N° (if required)

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Fee for programme: €525 per delegate (inclusive of all materials, lunches, refreshments etc.)  
(10% Discount for 2 or more delegates from the same organisation)

Cancellation charges: 10% at any time following registration  
20% if within 10 working days of programme start  
40% if within 5 working days of programme start

**To register, complete the details above and either:**

**A)** Post to: KinchLyons,  
67 Main St.,  
Blackrock,  
Co. Dublin

**Or**

**B)** Scan and e-mail to:  
**[info@kinchlyons.ie](mailto:info@kinchlyons.ie)**

Tel: 01-2788727

Your registration will be confirmed on receipt of your completed form and joining directions issued.

The above telephone number or e-mail address can be used at any time if you have queries or wish to discuss the programme further.