

Improve Your Personal Effectiveness

Working with Emotional Intelligence

EMOTIONAL INTELLIGENCE is a set of emotional and social skills that influences how we:

- Perceive and express ourselves
- Develop and maintain work and social relationships
- Cope with challenges and conflict
- Use emotional information in decision-making

EMILIE MYERS
PEOPLE DEVELOPMENT

www.emiliemyers.com

“ Just a few words to let you know that I found the EQi work with Emilie most interesting and informative. It has already given me some useful insights in how to deal with two tricky situations and also how to avoid potential conflict in another one. The feedback was helpful in suggesting practical ways to improve team relations at work.”

Technical manager at a global pharmaceutical organisation

When did you last stop to think

about what you were doing and

what's important?

Can you afford NOT to take

time to evaluate?

Why improve your Personal Effectiveness?

- To enjoy clearer more satisfactory communications with others
- To develop stronger relationships through enhanced awareness
- To achieve a greater sense of personal (and colleague) well-being

How can your Personal Effectiveness be developed?

We will use the EQ-i2.0 model to complete an initial assessment and:

- Evaluate your self-perception and personal effectiveness
- Discuss this evaluation with you and explore the implications
- Agree development strategies for you to implement

How can this help your Business?

When used in teams, this approach is excellent for:

- Increasing team spirit and effectiveness
- Focusing on team issues positively and constructively
- Supporting recruitment, selection and succession planning
- Forming part of coaching and development programmes



Emotionally intelligent people are happier, more productive and loyal

THE BENEFITS OF EMOTIONAL INTELLIGENCE

- Successful Relationships
- Improved Communications
- Increased Client Loyalty
- Get The Feel Good Factor



Services include:

Coaching

Work through issues and improve skills in a personal and secure environment.

Group and team workshops

Boost productivity within your team by focussing on strengthening relations, improving communication and inspiring loyalty. A wide range of sessions are offered. See www.emiliemyers.com for full details.

Leadership and Management Development

Bespoke programmes to support the development of effective leadership and robust management.

Training courses and workshops

Delivered at your location, these targeted workshops are excellent for developing key skills:

- Increase your “promotability”
- Perfect the art of delegation
- Handle difficult situations and conversations
- Improve written communications
- Deliver pitch-perfect presentations

“*Emilie shows great attention to details and her friendly relaxed style makes it very easy to explore character traits that are often hard to discuss. I have applied several practical tips at work and home, eg learning to validate others feelings helps make negotiating go more positively and I’ve worked on not letting my emotions hijack me.*”

*Senior Actuary for a
Financial Consultancy*



Emilie Myers

Emilie is an experienced management development consultant, facilitator and coach. Working with people at all levels of seniority, her expertise is in improving the performance of individuals and teams through coaching and training in personal effectiveness and professional development.

Sharpen Your Axe

A young man approached the foreman of a logging crew and asked for a job. *“That depends,” replied the foreman. “Let’s see you fell this tree.”*

The young man stepped forward, and skillfully felled a great tree. Impressed, the foreman exclaimed, *“You can start Monday.”*

Monday, Tuesday, Wednesday, Thursday rolled by – and Thursday afternoon the foreman approached the young man and said, *“You can pick up your paycheck on the way out today.”*

Startled, the young man replied, *“I thought you paid on Friday.”* *“Normally we do,”* said the foreman. *“But we’re letting you go today because you’ve fallen behind. Our daily felling charts show that you’ve dropped from first place on Monday to last place today.”*

“But I’m a hard worker,” the young man objected. *“I arrive first, leave last, and have even worked through my coffee breaks!”*

The foreman, sensing the young man’s integrity, thought for a minute and then asked, *“Have you been sharpening your axe?”*

The young man replied, *“No sir, I’ve been working too hard to take time for that!”*

Our lives are like that. We sometimes get so busy that we don’t take time to “sharpen the axe.” In today’s world, it seems that everyone is busier than ever, but less happy than ever. Why is that? Could it be that we have forgotten how to stay sharp?



I offer a free no obligation one hour session to discuss how you, your team or your business can improve performance and well-being.

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FIND OUT MORE >



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