

# Grow Your Human Capital!



**Insight-S-Smart**  
Emotional Intelligence

Emotional intelligence (EI) predicts **50 to 60%** of performance variance; and in leadership positions, it is as much as **80%!**

**INSIGHT-S-SMART DELIVERS EI TRAINING AND COACHING THAT LEADS TO OUTSTANDING MANAGERIAL AND LEADERSHIP SKILLS, BETTER PERFORMING TEAMS, AND ENGAGED AND THRIVING EMPLOYEES**

APPLY CONTEMPORARY SCIENCE: BEHAVIORAL & POSITIVE PSYCHOLOGY, NEUROSCIENCE, SOCIAL SCIENCES, AND MANAGEMENT

**100%**

OF ATTENDEES WOULD RECOMMEND OUR TRAINING AND COACHING TO OTHERS

**70%**

OF ATTENDEES FIND OUR WORKSHOPS EXTREMELY RELEVANT TO THEIR DAILY LIFE AND WORK



osce

PROMINENT CUSTOMERS



**BE THE BEST VERSION OF YOU**



GROW YOUR EMOTIONAL INTELLIGENCE AS AN INDIVIDUAL EMPLOYEE

[www.insight-s-smart.com/be-the-best-version-of-you](http://www.insight-s-smart.com/be-the-best-version-of-you)



**Insight-S-Smart**

# Understand And Manage Emotions

In Yourself & Others

OUR EI MODEL IS DESIGNED TO GROW YOUR STRENGTHS WITHIN THE FOLLOWING EMOTIONAL INTELLIGENCE PILLARS: SELF AWARENESS, SELF MANAGEMENT, SOCIAL AWARENESS, AND SOCIAL MANAGEMENT

## INDIVIDUALS HIGH IN EMOTIONAL INTELLIGENCE:

Earn more

Make better decisions

Build sustainable relationships

Enjoy better psychological and physical health

## Delivery

- ✓ One or Two-day workshops
- ✓ Coaching sessions

## Channels

- ✓ On-site/Off-site
- ✓ Online (Skype or other)
  
- ✓ Private & Public Sector

"EQ has twice the power of IQ to predict performance. It is a better predictor than employee skill, knowledge, or expertise."  
V. Druskat et al.

## TRAINING AND COACHING PROGRAMME

An Option to tailor the training to Your Specific Needs

The most advanced theories of Personal Development

A Multidisciplinary Approach tailored for Multicultural Context

An Innovative teaching material adapted to Business Settings

Assessment Tools and After-training Follow up



## GENERIC PROGRAMME CONTENT

- ✓ Recognize and understand your emotions
- ✓ Discover your emotional make-up and learn how it influences your cognitive and behavioral functions
- ✓ Learn self-management strategies that increase both, your productivity and well-being
- ✓ Be at your emotional, cognitive, and physiological best

### Self Awareness

### Self Management

## 4 PILLARS APPROACH

### Social Awareness

### Social Management

- ✓ Recognize and understand emotions in individuals/groups
- ✓ Apply cognitive and emotional empathy, and discover the power of body language and social/emotional contagion
- ✓ Learn to build sustainable relationships with others
- ✓ Build trust and manage conflict

- ✓ Better decision making
- ✓ Ethical behavior
- ✓ Greater confidence
- ✓ Increased understanding of one's strengths and weaknesses

### Self Awareness

### Self Management

## 4 PILLARS APPROACH

### Social Awareness

### Social Management

- ✓ Enhanced understanding of how others think and feel, including those who come from a different, multicultural, environment
- ✓ Increased understanding of group dynamics
- ✓ Improved capacity to build sustainable relationships, and to collaborate
- ✓ Increased ability to manage conflict

## GENERIC EXPECTED OUTCOMES