

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 A LEADER



GROW YOUR EMOTIONAL INTELLIGENCE AS A LEADER

www.insight-s-smart.com/be-a-leader



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

LEADERS WITH HIGH EMOTIONAL INTELLIGENCE:

Build trust

Have greater sensitivity and empathy

Show more ethical behavior

Create an environment that fosters innovation and creativity

Engage employees

Delivery

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

Channels

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

“It’s not IQ that leads to success... EQ is more important: emotional intelligence, social skills, how you relate, can you get things done. That’s what makes a difference, especially in management.”

Jamie Dimon,
President and CEO, JPMorgan

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 others
- ✓ Apply cognitive and emotional empathy, and discover the power of body language and social/emotional contagion

- ✓ Learn how to build sustainable relationships with others
- ✓ Build trust, manage conflict, and discover a variety of leadership styles that deliver business outcomes

GENERIC EXPECTED OUTCOMES

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

- ✓ Greater ability to achieve goals
- ✓ Enhanced capacity to manage difficult emotions
- ✓ Increased positivity
- ✓ Improved ability to manage behavioral change

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 working climate
- ✓ Resonant relationships
- ✓ Engaged employees
- ✓ Enhanced capacity to Inspire, Collaborate, Handle conflict, and Deliver results