WHEN IT COMES TO PEAK PERFORMANCE, EMOTIONAL INTELLIGENCE IS A KEY FACTOR THAT LEADS TO ORGANIZATIONAL SUCCESS



Does your organization need an EQ check?

The more volatile, uncertain, complex, and ambiguous our working environments become, the more critical a truly agile workforce is to success. Each day, we're called to make progress faster, while pivoting on short notice. To stand firm in our ideas while remaining open to new perspectives. Staying agile demands that we develop and use our emotional intelligence (EQ)—a level of sophistication that's never been demanded before.

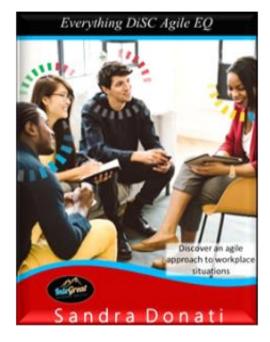
Everything DiSC_® is offering a new way to support your agile workforce.

By combining the personalized insights of DiSC[®] with active emotional intelligence development, Everything DiSC[®] Agile EQ[™] teaches participants to read the emotional and interpersonal needs of a situation and respond accordingly. Participants discover an agile approach to workplace interactions and learn to navigate outside their comfort zone, empowering them to meet the demands of any situation.





Workshop Handbook







Everything DiSC Agile EQ virtual workshop helps

people to explore the concepts of emotional intelligence and Agile EQ – the ability to read the emotional and interpersonal needs of a situation and response accordingly.

In this workshop participants will:

- Learn the power of emotional intelligence in the workplace
- Understand the need for and value of a variety of responses.
- Develop a greater ability to adapt their approaches to best meet the needs of different situations.
- Be better equipped to reduce conflict and drive organizational success

After the workshop, participants will be able to apply strategies to strengthen one's EQ to effectively navigate through emotions; become more aware of thoughts, feelings, and actions in every situation or setting; learn how to manage social skills to more effectively to live and work with others; and minimize misunderstandings.

READY TO GET STARTED?

Here's how to implement a successful emotional intelligence initiative workshop in three easy steps:

- 1. Decide I'll help you decide who gets the training and why.
- 2. Prepare I will customize your workshop to exceed your expectations.
- 3. Deliver I will deliver the training in a fun and engaging way that will help make the learning stick.

Sandra Donati, EdS, is a faculty member at American University's School of Public Affairs where she teaches graduate level courses in public management and policy. Sandra is the President, InteGreat Peak Performance. Work. Life. Play. LLC, specializing in organizational leadership development, employee engagement, change management, consulting and coaching with over 700 coaching hours. Prior to her retirement in 2018, Sandra was the Provost, Leadership Academy at the Pentagon Force Protection Agency (PFPA) responsible for the design and launch of the leadership academy in 2014. Her work at PFPA focused on leading change in a complex environment and teaching all levels of PFPA leaders from her Aspiring Leader Program, Leadership in Police Organizations Program, and executive level development program where she taught and graduated over 200 students.

From anywhere: +1 703.200.7059 For a list of my services and products, visit <u>www.InteGreatPeakPerformance.com</u> Women-owned small business; authorized to do business with the Federal Government