

Being Your Best Self in a Professional Environment

Saturday 9 November 2019

10am – 4.30pm

QMUL



Your Invitation

Emotional Intelligence (EQ) distinguishes an outstanding performer from an average one. How well you manage yourself and others are the skills that increasingly matter, as you progress in a professional environment.

This workshop will introduce you to the science and value of, developing better EQ, to be your best self in a professional environment. Effective in both the workplace and at home, EQ can help you lead happier and more successful lives in today's fast moving environments.

What

Introduction to EQ

- The Emotional Brain and recent neuroscience research
- Introduction to RocheMartin's ECR Self and ECR 360 models that measure EQ competencies
- The concept of Mood Contagion

Case Studies and Practical Exercises

- What the EQ scores mean in "the real world"
- Group discussion, case studies and exercises exploring 3 of the 10 x EQ competencies of Adaptability, Straightforwardness and Self-Control
- Strategies and tools to put in practice

Who

- Anyone who aspires to influence others effectively and deal with stress in a straightforward and self-controlled way

Why

- Research found that EQ is 6x more important than IQ for outstanding leadership and success
- Even people with many apparent EQ strengths can benefit from understanding those areas of EQ where they have room to grow

How

- Appreciate that all EQ competencies are learned capabilities and identify your strengths and areas of development
- Play with proprietary EQ cards to find tools and strategies that suit your own individual style

When & Where

- Saturday 9 November 2019, 10am – 4.30pm
- QMUL, London, E1 4NS

Facilitation

The workshop will be facilitated by Alina Addison.



Alina Addison

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Alina is an accredited executive coach with extensive business skills and leadership experience. Alina worked for 15 years as an investment banker with Rothschild, latterly as a Managing Director and Head of Trading.

She is a qualified chartered accountant, having previously worked with PwC.

Alina has delivered numerous EQ workshops to many investment banks, Private Equity and Asset Management firms and she has an EQ certification from RocheMartin, to administer and interpret EQ psychometric reports.

In her spare time, Alina is a board advisor and fund raiser for her 3 chosen charities and the owner of a boutique hotel in Transylvania.

What previous participants have said:



“The workshop’s EQ topic was hugely relevant in the modern world and law firm partners could learn a lot! Engaging, approachable and successfully developed in an environment that involved the audience. Thank you very much!”

Partner, Global Law Firm

“Thank you so much for delivering an exceptional workshop for our Women Network. The impact you had, has already made a difference. I can’t thank you enough for all your thoughtfulness, time and superb energy.”

HR Director, Global Private Equity Firm

“A very compact and comprehensive introduction to the EQ subject. Impressive to have imparted that much information in a short space of time. Inspiring and leaves you wanting to know more.”

Director, Media Company

“This has been a superb session – insightful and credible, thank you! It felt like you have a lot of interesting and useful things to share on the topic, I could have listened for much longer.”

Senior Director, Investment Bank

