

EQ Mastery: Orchestrating through the Journey of Self Awareness & Management

Prologue & Objective:

“Emotional Intelligence is not the opposite of intelligence; It is not the triumph of heart over head - It is the unique intersection of both.”
-David Caruso

A transformative journey that delves into the profound art of understanding and harnessing emotions for profound leadership.

As we embark on this experience, we invite you to explore the subtle nuances of your emotions, unravel the symphony of human connection, and master the conductor's wand to lead with grace, empathy, and influence. This workshop is not just about strategies; it's about connection, authenticity, and the language of the heart. It's an exploration of the rhythm and melody that underlie every interaction, decision, and relationship in your professional journey.

Together, we will use the transformative power of theater, experiential games, and the magic of music to guide you on this path of self-discovery and enhanced leadership. As we navigate through the notes of Emotional Intelligence, you'll be empowered to shape the profound impact of your leadership and create a lasting resonance in the corporate world.

Learning Outcomes:

- Develop greater self-awareness and strengthen their leadership.
- Apply four core emotional intelligence competencies for achieving results.
- Recognize and manage own emotions effectively.
- Demonstrate empathy and build better relationships with their teams.
- Apply EI principles in decision-making, conflict resolution, and communication.
- Utilize Arts & theatre-based activities to practice and improve their EI skills.

**Self -
Awareness**

Self - Mgmt

**Social
Awareness**

**Relationship
Mgmt**