

ADVANCED Personal Mastery & Emotional Intelligence (EQ)

MASTERING yourself and your relationships with others

"This is a very important programme for all corporate executives to experience. I feel that the material is relevant regardless of the working environment." **Manager – Hollard**

Introduction

Today's business world is characterised by complex matrix structures, escalating demands to innovate, increasing time pressures, and authority-averse employees. As a senior or top-level strategic leader in this environment, your self-worth and confidence is more important than ever before, and it has a profound effect on your overall ability to perform. Your ability to lead and communicate effectively depends largely on your own level of personal mastery and emotional intelligence.

You can't lead others until you can lead yourself!

As a leader, obtaining personal mastery and emotional intelligence means you are able to understand the **needs, emotions** and **motivations** of yourself and others, and then manage these in order to achieve a greater synergy and overall result within your organisation. Achieving personal mastery means you can better manage yourself effectively in all circumstances, relate to others in a meaningful way, and motivate, inspire, collaborate and influence, while maintaining a firm commitment to your own life objectives.

Our three day **ADVANCED Personal Mastery & Emotional Intelligence (EQ)** course will give you the framework and techniques to manage your own and others' behaviours, thoughts and emotions for optimal overall performance. You will learn to develop leadership characteristics, including:

- A **natural optimism** that radiates and inspires others;
- The ability to make **challenging situations seem manageable**, and to **empower** those around you to strive for greater heights;
- Finding **meaning in what you do** and communicating this commitment both through your words and actions;
- Developing the ability to be **vitality AUTHENTIC**, where there is congruency between what you say and what you really mean and feel.

What does the course involve?

Our **ADVANCED Personal Mastery & Emotional Intelligence (EQ)** course is highly **practical** and **personal**, with no more than 16 delegates per group. It is an intensely demanding programme where you will learn to uncover hidden aspects of yourself through a journey of behavioural, cognitive and emotional self-awareness.

In addition, you will learn how to use emotional intelligence to improve relationships, manage conflict, develop, influence and motivate others as you lead them. With detailed input obtained from our online **EQ** and **VITAL AUTHENTICITY** assessments, the course will cover topics including:

- Understanding the **physiology** behind emotions;
- Understanding the importance of EQ in **personal mastery** and **social awareness**;
- How to take more responsibility for your life by **maximising freedom of choice**, being honest with yourself, and committing to a **positive and emotionally mature** approach to life.

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Who should attend

This course is ideal if you are a senior or executive Leader-Manager and want to improve your overall level of functioning and self-management. It is also highly suitable if you want to improve the quality of your interpersonal relationships – in both a personal and business context.

Learning process

- **Programme duration:** 3 days (2 days + 1 day)
- **Prerequisites:** none
- **Group size:** 12 – 16 participants
- **Pre-work:** Online EQ and VITAL AUTHENTICITY assessments plus an online pre-programme assessment

SETA accreditation

- **Level:** 5
- **Credits:** 4
- **Services SETA company full accreditation number:** 0595



Executive Development



Unleashing the
performance potential in
people