

Emotional Intelligence at Work

Building an EQ Career that
AI can't touch

A workshop for developing emotional intelligence skills in the workplace



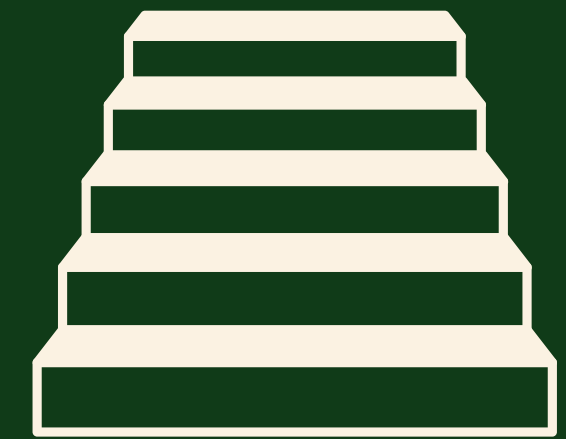
80% of people believe
they are emotionally
intelligent

Statistically, **only 20%**
actually are



Why is EQ important?

90% of top performers have high emotional intelligence
(Harvard Business Review)



Companies that prioritise EQ are **3.2x more effective**
at developing leaders
(Human Capital Institute)



Demand for EQ skills are set to **grow by 30%**
by 2030
(World Economic Forum)



What does this workshop look like?



Discover

Identify the emotional intelligence skills that drive performance and collaboration



Learn

Understand the neuroscience behind EQ and where it shows up at work (and where it doesn't)



Apply

Assess your own EQ strengths and development areas through guided self-reflection



Perform

Create a personalised action plan to lead with more confidence, clarity, and emotional agility

EQ competencies and skills to be covered

Self-Perception

Self-Regard
Self-Actualisation
Emotional Self-Awareness

Self-Expression

Emotional Expression
Assertiveness
Independence

Interpersonal

Interpersonal Relationships
Empathy
Social Responsibility

Decision Making

Problem Solving
Reality Testing
Impulse Control

Stress Management

Flexibility
Stress Tolerance
Optimism

Learning Outcomes

A clear view of your emotional intelligence strengths and what might be getting in your way

You'll learn how to stay calm under pressure, handle tricky conversations with less drama, and improve how you lead, collaborate, and show up at work

By the end, you'll leave with a personal action plan to improve performance through practical, human skills that actually stick



Who is this workshop for?

Team Leaders & Line Managers

New or Emerging People Managers

Senior Leaders Driving Culture Change

HR, L&D, and Talent Development Professionals

Cross-functional Project Teams

High-Potential Talent or Future Leaders

STEM Professionals Looking to Improve Human Skills

Hybrid/Remote Teams Needing Stronger Collaboration



Provided by Dr. Simon Gallagher

5+ years coaching and workshops in corporate settings

Double-accredited coach and EQ-i practitioner

Working with organisations globally



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