



When Academic Intelligence meets Emotional Intelligence

Some organisations use E.I. profiling to complement their recruitment processes and their competency frameworks. These frameworks can be set and mapped against E.I. behaviours... which can then be measured as part of a personal development plan or review.

When it comes to happiness and success in life, emotional intelligence (E.Q.) matters just as much, if not more, as intellectual ability (I.Q.). Emotional intelligence helps you build stronger relationships, succeed at work, and achieve your career and personal goals.

Emotional intelligence (E.Q.) is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathise with others, overcome challenges, and defuse conflict. Emotional intelligence impacts many different aspects of your daily life, such as the way you behave and the way you interact with others.

If you have high emotional intelligence you are able to recognise your own emotional state and the emotional states of others and engage with people in a way that draws them to you. You can use this understanding of emotions to **relate better to other people, form healthier relationships, achieve greater success at University, increase your employability options, and lead a more fulfilling and effective life.**

Perhaps the biggest surprise has been the impact of E.I. in the world of business, particularly in the areas of leadership and employee development (a form of adult education). **The Harvard Business Review** has hailed emotional intelligence as **"a ground-breaking, paradigm-shattering idea, one of the most influential business ideas of the decade."**

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Developing Your Emotional Intelligence

These **"When Academic Intelligence meets Emotional Intelligence"** Workshops will use the best-selling book of "The 7 Habits of Highly Effective People" by Dr Stephen Covey as a platform and will apply the 7 Habits to Student Life.

7 HABITS OF HIGHLY SUCCESSFUL STUDENTS



- Habit 1: Be Proactive – "I am responsible for my education and life."
- Habit 2: Begin with the End in Mind – "I have a plan for what I want to accomplish."
- Habit 3: Put First Things First – "I set realistic priorities."
- Habit 4: Think Win-Win – "I am considerate of others but I also have the courage to stand up for myself."
- Habit 5: Seek First to Understand, Then to Be Understood – "I hear people out before expressing my own opinion."
- Habit 6: Synergize – "I value the strengths of other people and combine them with my own to solve problems."
- Habit 7: Sharpen the Saw – "I regularly recharge my body, heart, mind, and spirit so I can stay sharp and improve myself."





Learning Outcomes from the Workshops; Delegates will learn the 7 Habits of Highly Effective Students and will:

- Identify and apply "The 7 habits of Highly Effective People" (Covey) to their Personal Life Style
- Have a thorough understanding of "Leadership, Followership...and **Conflict!**" – and how to Deal with Difficult People
- Develop Positive, Winning Behaviours and Attitudes
- Appreciate and embrace the diversity of personalities within Individuals – covering Conflict Management and Resolution
- Develop and apply their newly found skills of Emotionally Intelligent Leadership (Daniel Goleman)
- Develop their Inter and Intra Personal Skills - and will receive a personal CPD Certificate in Emotional Intelligence (accredited by The British Psychological Society)
- Identify their natural leadership style: Directing, Supporting, Coaching or Delegating – Situational Leadership Skills (Blanchard & Hershey)
- Learn the skills to Create Team Excellence, Team Spirit and Team Vision (Lencioni)
- Understand the techniques to be able to "read" the communication styles of individuals to build better communications
- Learn the 5 Levels of Communications and how Use Effective Communication (NLP) – Active Listening Skills (Covey)
- Learn how to create personal SMART Goals and realistic Career Objectives
- Discover how to apply Positive Psychology to their Lifestyle
- Learn how to recharge their body, heart, mind and spirit to enable them to build resilience and to sustain Peak Performance Zone mindsets

