

Boosting Performance Programme

The EBW Emotional Intelligence System for Business

Understand the Impact - Know the Full Potential



www.ebwonline.com

EBWTM
Emotions & Behaviours at Work

Boosting Performance Programme

Using Business EQ to work better

- Are you searching for an inspiring personal programme to boost performance of your people?
- Do you need to improve the way colleagues work with each other?
- Are you looking to help individuals understand their impact on colleagues and customers?
- Do you want to build resilience and personal responsibility for workplace success?



Discover Business EQ (1 day programme)

Empower your employees and managers to understand and take personal responsibility for the critical emotions and behaviours (Business EQ) that impact on their performance.

Examine personal barriers to change and typical defences to encourage powerful self insight.

Understand how emotions can be managed to ensure greater task efficiency and effectiveness between colleagues and customers.

Learn about, practise and improve emotions and behaviours in the workplace to produce more successful outcomes.

The **Boosting Performance Programme** is a powerful and enjoyable experience for delegates, which boosts their Business EQ by operating at a deeper level on the emotions and feelings that underpin behaviour.

"This was one of best workshops I have been on – understanding my Business EQ blind spots was the light bulb moment"

Keys areas of EBW Emotional Intelligence Model



Decision making



Motivation



Influence



Adaptability



Empathy



Conscientiousness



Stress Resilience



Self Awareness

What does Boosting Performance Programme include?

1. Practical tips and skills from a Business EQ expert
2. Self awareness – knowledge about our blind spots
3. Fun group activities
4. Opportunities to practise with 'real life' business scenarios
5. Self reflection and shared discussion
6. Personal Business EQ Reports
7. Business EQ Maps

"Our experience with over 150 participants to date has demonstrated that the EBW Emotional Intelligence process has increased their self awareness and motivates them in their roles."

What will delegates get out of it?



- A clear understanding of Business EQ and how to use it to boost their performance.
- Their own unique EBW Business EQ Report.
- An opportunity to learn and improve their own emotions and behaviour at work.
- The techniques to deal with challenging interactions positively.
- The skills to read and respond empathically to build effective relationships with others.
- **Their personal Business EQ Map to continue to develop their success after the workshop.**

Who is it for?

For those working in environments where there are frequent and challenging interactions with colleagues and customers. Particularly useful for those who need to understand the underlying nature of their own and others' responses, and who want to improve the quality of their interactions.

Find out more

Contact your local Licensed EBW Emotional Intelligence Facilitator.