

Employee Development Workshop

What is the focus of the seminar and why should my organization care?

We use proven Emotional Intelligence practices to authentically motivate your employees.

Organizational benefits include:

- **Employee retention increases** as employees find meaning and happiness through work.
- **Productivity grows** as employees cooperate more by removing personal barriers.
- **Creativity blossoms** as individuals discover and contribute their unique talents.
- **Quality improves** as employees are passionately committed to doing the right thing.
- **Innovation expands** from employees who are encouraged to share ideas.

“One person with passion is better than forty people merely interested.”

~ E.M. Forster

During this one-day seminar, a team or group will learn:

Individual Skills:

- Be peaceful in order to respond calmly and create better solutions.
- Practice non-judgment, which allows solutions to be seen more clearly.
- Identify personal barriers that hinder employees from being more successful.
- Let go of false perceptions (e.g. trauma, past) to allow new skills to be discovered.

Teamwork Skills:

- Cooperate and trust by focusing on purpose to work together more efficiently.
- Decrease self-centered behavior in team environments to find better solutions faster.
- Encourage others to give their best, capitalizing on each individual's unique talents.
- Let go of false perceptions (e.g. trauma, past) to allow new skills to be discovered.

“Aetna figures the productivity gains alone amounted to \$3,000 per employee, an eleven-to-one return on its investment.”

~ The True R.O.I. of Mindfulness in Business

By the end of the seminar, you and your team will:

- Discover and implement better solutions faster.
- Be happier, more cooperative, and more productive.
- Be better able to deal with difficult and stressful situations.



Workshop and Coaching Endorsements

EQ (emotional intelligence) training allowed me to take a targeted approach to increase my capacity as a leader.

Troy C., MBA, Bell Operations Manager

I would definitely recommend the EQ training program to anyone interested in personal and professional growth.

Jackie P., Bell Leadership Program

Alfred was able to set me on a journey that has changed both my professional and personal life.

Heather T., B.S.W. D.Jrnl., Peel CAS Team Lead

I can proudly say that I am well on my way to becoming that leader that I always admired.

Lisette P., Peel CAS Team Lead