

EQ MASTERMIND



DEVELOP THE MOST POWERFUL SKILLSET
TODAY



What is EQ (or, EI, Emotional Intelligence)?

It is the capacity to be aware of, regulate, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

Its key elements are:

- self-awareness
- social awareness
- self-management
- being able to influence others
- flexibility
- optimism

You may be experiencing various struggles in your life without realising that you have the power to change your circumstances by changing yourself.

To change ourselves, we need to understand ourselves and become aware of our thoughts and behaviours, and how they affect the way others perceive and respond to us.

Change is hard, because evolutionary wise, we were programmed to avoid it to save energy and remain "safe". Our brain is designed to help us survive as a species. We naturally avoid risk associated with change identified by our brain as a threat and, consequently, we enter the fight, or flight, or freeze mode. Some degree of fear serves us as it protects us from real danger. The fear of change, although very natural, can stifle our development and growth. Who would want that!

**FINALLY!
AN EFFECTIVE
PROGRAMME
TO CREATE
SUSTAINABLE
CHANGE THAT
YOU'VE
ALWAYS
WANTED TO
ACHIEVE**

The background of the image features abstract, flowing light trails in shades of blue and green against a dark background. The trails are dynamic and fluid, creating a sense of movement and energy. They appear to be composed of multiple overlapping layers, giving them a three-dimensional quality. The colors transition from a deep blue at the top to a lighter, more vibrant green towards the bottom, with some areas showing a mix of the two colors.

Features:

13 modules in 13 monthly sessions of 60-90 minutes

Key takeaways:

By committing to this programme you will

- Understand yourself and what matters the most in your life
- Learn to set specific, realistic and powerful goals
- Learn the skills to consistently achieve them
- Stop procrastinating and take action
- Condition yourself for inviting those events and circumstances into your life that you truly want
- Get rid of a major part of the stress in your life
- Master your emotions and stop falling into emotional pitfalls that sap your energy, use up your headspace and significantly slow you down
- Achieve more balance in your life
- Live a more fulfilled life

Examples of EQ impact in individuals and teams:

- o better change readiness and more flexibility
- o stronger empathy
- o increased adaptability
- o growth mindset
- o continuous learning
- o stronger ethics
- o more cooperative and collaborative attitude
- o better productivity
- o improved performance

**GET
RESULTS
AND MAKE
THEM LAST
FOREVER
WITH
THE EQ
MASTERMIND**



EMOTIONAL INTELLIGENCE MASTERMIND



Programme:

13 x monthly sessions to help you build the skillset to manage uncertainty, change and difficult life and work events with positive outcomes

Content:

Session 1 INTRODUCTION - Goal setting

Session 2 How to build motivation

Session 3 The road to fulfilment

Session 4 Overcoming procrastination

Session 5 Achieving a balanced life

Session 6 Accepting your reality

Session 7 Conformity

Session 8 Your thoughts and words

Session 9 Handling stress

Session 10 Thinking and living creatively

Session 11 Mind mastery

Session 12 Emotional Management

Session 13 - REVIEW

What our clients have said:

Hanna worked with us to deliver the Facing Fear workshop for the entire Peterborough office in June. We were looking to both coach our team through the COVID changes on the back of our Wellness Week and to develop them into advisors by beginning to develop their emotional intelligence. Hanna took this brief and developed a workshop with interactive sessions engaged the entire team. She really listened and understood what we were looking to achieve and the result was that we had excellent feedback on both the day and the change in individuals behaviour going. She was great to work with and took the time to understand the business to ensure she delivered what we were looking for.

R.E., Senior Manager, Saffery Champness

I first met Hanna at one of her seminars. It struck a chord with me and I realised that I had to do something differently if I ever wanted to achieve my dreams and ambitions, professionally and personally. After the seminar, I spoke with Hanna and we agreed to meet again to discuss further coaching. I have now enrolled on "EQ Mastermind", a monthly session where Hanna takes you on a pathway that helps you to understand yourself, what matters to you in your life and allows you to lead a balanced life. I thoroughly recommend it to anyone who is struggling with these types of issues to have a conversation with Hanna.

R.W., Commercial Waste Connections

I met Hanna at her talk that she delivered at my current workplace. I found both the talk and the fact that Hanna managed to change her career so dramatically really inspiring. Therefore, I decided to sign up for a coaching programme with Hanna.

I find her very approachable and trustworthy. During the sessions we set goals towards which I try to work every day. Through very direct and accurate questions Hanna makes me think really hard on how I would like to achieve my goals, what obstacles I might have and what level of my dedication there is towards each goal. She also helps me to understand where the obstacles are coming from and how to remove them.

She also teaches me to be kind to myself and to reward myself for every tiny progress that I make in my life, that it takes time to change the way of thinking and acting towards other people, it takes time to change the approach to various things in life and it takes time to find out what you really want from your life; and it is ok to fail as long as you find out why you did not succeed in and continue your efforts towards fulfilling your dreams.

Most of all, I learnt that nothing will change if I do not change!

K.K., Imperial College London

**IT'S NOT
ROCKET
SCIENCE,
BUT IT'S A
SCIENCE, SO
YOU CAN
LEARN IT**



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COACHING STUDIO

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