

EQ MASTERMIND

KAIZEN
CONTINUOUS IMPROVEMENT
COACHING STUDIO

DEVELOP THE MOST POWERFUL SKILLSET
TODAY



BY KAIZEN CONTINUOUS IMPROVEMENT COACHING STUDIO

What is EQ (Emotional Intelligence)?

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

It is one's

- 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. Our psychology was to help us survive rather than thrive by avoiding risk associated with change and danger. Some degree of fear serves us by protecting us. The fear of change, although very natural, can stifle our development and growth. Who would want that!

How do you find out if you could benefit from developing your EQ?

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

The background of the image features a series of fluid, ethereal light trails in shades of blue and teal. These trails swirl and flow across a solid black background, creating a sense of movement and depth. The light trails are most prominent on the right side and bottom, while the left side is dominated by the white text.

Features

a 12-module group programme
13 sessions in total with recommended two reviews
for rates, check www.kaizenway.space or contact us on
contact@kaizenway.space

Key learnings

by committing to this programme you will

Understand yourself and what matters the most in your life
Learn to set realistic and powerful goals
Learn the skills to consistently achieve them
Build a sustainable change system
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

Examples of EQ impact in individuals and teams

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

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



What clients have said

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 Solutions

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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