

08.50	Registration and Breakfast
09:00	<p>Introduction and Emotional Intelligence Sheryl Haddow and Stephanie Kingdon, Psychological Strategies</p> <ul style="list-style-type: none"> • What is Emotional Intelligence? • Why is a high EQ critical within the work environment? • Review the results of the EQ-i 2.0 Emotional Intelligence (assessments completed by delegates prior to the course) • Can you increase Emotional Intelligence?
10.00	<p>Self-awareness and self- regulation- the foundation of Emotional intelligence</p> <ul style="list-style-type: none"> • What happens when self-awareness and emotional self-regulation is low? • Emotions and Amygdala Hi-jacking - recognising what you do and why you do it • The analogy of the Chimp Paradox • How to recognise and become conscious of your feelings • How to recognise and regulate your emotions • Communicating with others and dealing with their emotions triggers
11:00	Break
11:15	<p>Defining your personal brand</p> <ul style="list-style-type: none"> • Defining your values • What is your personal brand? • How you need to behave in order to create the personal brand you desire- being mindful • The importance of congruence
12.00	Lunch
12.45	<p>Career Development Planning</p> <ul style="list-style-type: none"> • Reflection on career journey to date • Personal development - what do you want to achieve and how do you get there? • Essential components of a personal development plan

	<ul style="list-style-type: none"> Continual Professional Development - creating a log learning methods
14.00	<p>Mental Resilience and stress tolerance</p> <ul style="list-style-type: none"> What is MR and why is it important to you? How you perceive situations - seeing a threat or a challenge Prof Clough's 4 C's of mental resilience What is stress? How do you identify the signs? How do you cope? Locus of Control and it's links with MR Changing default thinking and behaviour and Cognitive Behavioural Therapy Pressure points and superior mental skills
15:00	Break
15.15	<p>Mental Resilience and stress tolerance continued</p> <ul style="list-style-type: none"> A brief overview of the seven skills of Emotionally Intelligent Teams (Identity, Motivation, Emotional Awareness, Communication, Stress Tolerance, Conflict Resolution, Positive Mood and Optimism) What does an Emotionally Intelligent team look like? Learn to spot the behaviours of a high functioning team
16.45	Summary & Conclusion
17:00	Networking Drinks Reception