



INSPIRED

EQ WORKSHOP

*Leveraging the Critical Competency
of Emotional Intelligence*

The Experience

At every critical juncture in your organization, you'll find relationships. From internal to external, new hire to C-Suite, business to public service, those relationships are critical to public perception, strategic deployment, customer satisfaction, talent management, high performance teaming, internal efficiencies, organizational culture, and profitability.

Inspired EQ gives people the tools necessary to navigate tricky relational roads in a fast-paced, reactive, stress-filled, multi-cultural environment that demands agility and innovation at a moment's notice.

When properly equipped, people can control the internal dialogue, own the relational interaction, communicate more effectively, manage conflict more successfully, diminish dysfunction, and enhance outcomes.

The Adventurers

- **Leadership** will learn how understanding individual and group behavioral styles influence organizational success. They'll discover how leading with authenticity impacts strategy, change management, and organizational effectiveness.
- **Teams** will discover how understanding interpersonal dynamics can lead to a more effective working environment with highly engaged team members. They will learn techniques to break down silos that grind efficiency to a halt.
- **Individual Contributors** will learn to leverage their natural approach to get results and work with a team to achieve objectives. By learning to align the team and relationships, they minimize relational dysfunction and increase connections.

Chris Fuller a veteran business consultant who believes life is an adventure to be lived, not a crisis to be survived—and leadership is a privilege to be passionately pursued. He's experienced leadership at every level imaginable—from being an unprepared, first-time leader to advising C-Suite leaders at Fortune 500 companies—and everywhere in between. He's spent decades running and scaling businesses, training and developing leaders, and preparing teams to reach their highest summits. Chris now leads a team of facilitators who love leveraging tales of real-life adventure to bring critical leadership lessons to life.

“ This is definitely one
of the best leadership/
development courses I've
ever taken ”

—Daron

The Objectives

- Discover the fundamentals of Emotional Intelligence and its far-reaching impact
- Discover personal traits and tendencies that shape critical interactions
- Equip people with tools and success techniques to cultivate high-performance relationships





What culture could you create if increased collaboration and working together seamlessly became the norm?

Participants Will Learn...

- Key insights for understanding self and others
- The four components of EQ (Self Awareness, Self Management, Social Awareness, and Relationship Management) and techniques to improve each
- Your natural wiring and how your wiring and life experiences create a lens shapes your interactions
- How this natural wiring and lens can contribute to interpretation and misunderstanding
- How enhancing your emotional intelligence can increase your personal and organizational effectiveness
- Tools and techniques to identify and manage predictable, emotional behaviors that impact your working relationships and situations
- The critical factors of being others-centric: listening, understanding, and empathy
- How to leverage your natural style and authentic approach to lead or influence in any situation
- Determine when to engage, how to engage, and when exiting may be the best strategy
- How to minimize team dysfunction, increase collaboration, and build better environments

The Gear

- Full-day intensive workshop*
- Interactive Participant Guidebook
- An engaging, fun experience that brings leadership lessons to life

**(Workshop can be customized for first time leaders or supervisors, or expanded to a multi-day boot camp experience.)*

The Benefits

Relationships are at every critical juncture in your organization. How those relationships interface and integrate determine your success. In short, a savvy relational workforce produces high-performing teams with enviable cultures.

Inspired EQ provides the setting for your people to learn to maximize their authentic wiring, manage emotions, develop relationships, reduce stress, collaborate more fully, and manage conflict better. The result? Healthier work environments, enhanced engagement, and better outcomes.

People feel empowered to bring their very best to the workplace every day.

When the people in your organization relate authentically to each other, walls come down and productivity goes up. The InSPIRED EQ Workshop empowers teams to achieve more together.

If you're ready to reduce conflicts and create collaboration, contact Chris now.

(877) 843-7284