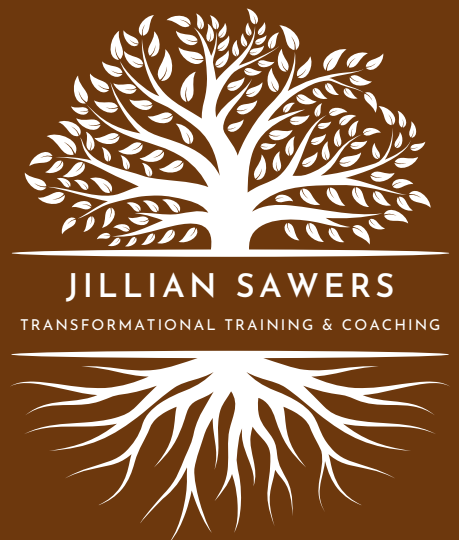


Emotional Intelligence Training & Coaching

A truly
transformative
training
experience
by Jillian Sawers



Emotional Intelligence Training & Coaching

Daniel Goleman popularised the term Emotional Intelligence, which he defined as the presence of high levels of self-awareness, self-regulation, motivation, empathy and social skills.

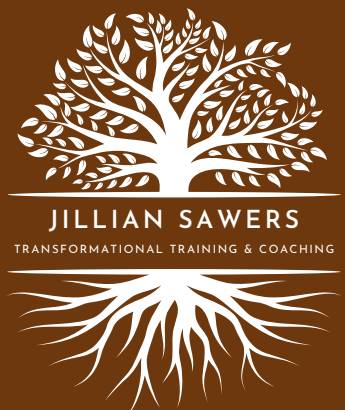
In contrast to IQ which can only measure your reasoning and problem solving skills, EQ or EI offers of a clearer indication of how well someone can manage themselves and others positively in team situations and under stress and pressure.

Some studies conclude that Emotional Intelligence contributes up to 90% of success of top executives. The higher up the corporate ladder the more important it is, and yet for many reasons it is often those without empathy and ethics who make it to the top. The good news is that whatever your level of EI it can be improved dramatically with the right education.

As your emotional intelligence improves not only will you have more confidence and wisdom to handle the challenges of work, you will experience yourself as more calm, emotionally stable, insightful, creative, decisive and satisfied at work.

This course will offer many tools, technique and insights to help you understand yourself and others, manage your emotions and stay focused and motivated on what really matters to you.

As well as using insights from neurobiology to be more self disciplined and sustain motivation, we will explore indepth the role of ego, how it effects our consciousness and relationships and how to rise above it and become a self-actualised individual.



Emotional Intelligence Training & Coaching

Topics in the training include:

What is Emotional Intelligence? Its definition and history

The 5 aspects of Emotional Intelligence

Using neurobiology to strengthen your will-power

Self-awareness - being mindful of your state of mind

Knowing and others personality types

The ultimate in-depth SWOT analysis

The secret to motivation

Tapping into the power of purpose, vision and mission

Why values matter and how to live yours

Leading others with emotional intelligence

Abraham Maslow Heirachy of Needs - how to be self-actualised

The 3 kinds of empathy and how to relate to anyone

Social Skills - communication styles - how to be assertive

The power of people - networking 101

What is ego? And what is its role in emotional intelligence

How do we know when ego is ruling our thoughts, emotions and behaviours

What is the difference between emotions and feelings?

Surviving or thriving - the role of our nervous systems in emotional regulation

The addictive mind - how to change stubborn habits

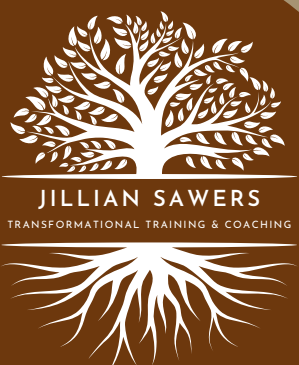
How to stay calm in the middle of an emotional storm

How to release emotions from the body

The 5 steps to reconnect with your inner centre

How to influence those who are upset, angry, or insecure

Simple steps to develop a meditation practice



Who is Jillian Sawers?



Jillian has earned the praise of participants to her 1000's of courses over the years, in great part due to her engaging style and her ability to put across information that is clear and practical. She has the ability to build an immediate rapport with her audiences and her relaxed and entertaining style enables her to present deep and challenging personal issues in an easily acceptable way.

Jillian deep and abiding interest from her early teens, in the topics of self-awareness, psychology, philosophy, the connections between science, metaphysics and the transformation of human consciousness have kept Jillian's training insights on the leading edge of human development.

Aged eighteen and undecided on a course of study Jillian took a one way ticket from her home in New Zealand to London. Her first training experiences came two years later in 1990 as an event coordinator, round-table facilitator and workshop facilitator for 'Global Co-operation for a Better World' - an international project in association with the United Nations Economic and Social Council. This lead to being a full-time project and event manager and lecturer with the Brahma Kumaris World Spiritual University in London, organizing events exploring the topic of consciousness and self-awareness within the areas of science, health, mental health, community, social development and creativity.

In this capacity Jillian gave lectures and ran workshops and seminars in the UK, Europe and Asia/Pacific regions. Jillian also conducted workshops on Stress Management and Positive Thinking within the UK prison system.

Between 1996 to 2001 Jillian worked as a trainer for Reed Training, GateHouse Training and Training Solutions, all in the UK. Courses included Time Management, Self Esteem for Peak Performance, Presentation Skills, Running Effective Meetings and File Management.

In 1997 Jillian moved to Istanbul, Turkey where she was the National Co-Director of a self-development and meditation association for 14 years, training local trainers and giving lectures, workshops, and retreats throughout the country, as well as Internationally. During this time Jillian also started working in the UAE for the International Centre of Management Training, Abu Dubai, and later began a long working partnership as a senior consultant for Glomacs Training, Aztech Training, Euromatch and Oxford Management, all based in the UK and UAE. Jillian is also an Eating Psychology and Life Coach, having trained with the Institute of Eating Psychology in Boulder Co.