

Leadership Development Workshops

Choose from the following emotional intelligence (EQ) workshops to custom-design a development program for your team. Or enhance all these critical EQ leadership skills in our yearlong *EQ For Impact* curriculum.

Live, virtual, or licensing options available.

SELF-AWARENESS

EQ
PILLAR #1



- Building Confidence In Yourself & Your Team
- Decision-Making Strategies To Reduce Risk, Improve Problem-Solving & Enhance Organizational Alignment
- Increasing Emotional Vocabulary & Insight
- Self-Awareness Through Personality Assessment & Strength Finding

SELF-MANAGEMENT

EQ
PILLAR #2

- High-Performance Productivity For Balance & Success
- Building Resilience In Your Leadership & Your Team
- Reducing Burnout From The Inside & Out
- Stress Management Techniques



OTHERS AWARENESS

EQ
PILLAR #3

- Nurturing An Environment Of Hospitality & Excellence
- Uncovering What Motivates Your Employees To Increase Engagement
- Empathy For Empowerment: Ensuring Your Employees Feel Valued & Belong
- Creating A Culture Of Trust & Psychological Safety

RELATIONSHIP MANAGEMENT

EQ
PILLAR #4



- Conflict Management: Ways To Embrace & Handle Conflict For Innovation & Results
- Tough-Love Conversations That Shift Unproductive Behavior While Valuing Your Team
- Giving & Receiving Feedback For High Performance
- Crisis Communication Strategies For Dilemmas Both Large & Small

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