



# **BUILDING EMOTIONAL AGILITY**

## **Course Outline**

### **Course overview and duration**

'Emotional Agility' is about developing the behaviour and resilience that are required to successfully navigate the challenges and insecurities that are presented by life and work. Rather than choosing to disregard emotional situations and thoughts that we find unpleasant and difficult, the behavioural discipline of emotional agility encourages and enables us to confront and accept these feelings and thoughts.

In professional settings, this translates into personal-awareness, maturity, self-control, flexibility, and greater resilience.

This two-day course will develop participants' emotional agility, enabling them to provide leadership and deliver greater influence in the workplace, thereby increasing performance and productivity.

### **Who will benefit from this course?**

This training is suitable for anyone who wants to positively transform their emotional and behavioural responses to difficult and challenging workplace situations.

### **What you will learn:**

- Show up and engage with your stakeholders and lead with renewed poise and self-confidence.
- Influence positive change in the organisation and drive operational performance to an unprecedented degree.
- Step out to gain a perspective of possibilities and exercise a renewed level of behavioural flexibility.
- Navigate your emotional landscape with an improved level of confidence.
- Learn to detach yourself from negative emotions, and instead focus on what truly matters.
- Progress to making small deliberate tweaks to your mindset, motivations, and habits to generate profound and long-lasting change.

All delegates will leave the training with a personalised action plan.