Amy Jacobson

Emotional Intelligence: Own Your Shit, Take Control and Be Unstoppable

A high energy and magnetic mindset experience, delivered with a bit of tough love.

Session Overview

High performing and cohesive teams require a balance between our IQ and our emotional intelligence (EQ or EI). As one of the Top 5 skills of the future, Emotional Intelligence is still misunderstood by many with up to 75% of people unable to explain what EI means, and how to develop our EI skills.

The level in which we are self-aware, manage our emotions, communicate, interact and take action during an everchanging and challenging environment, determines the long-term impact on our health, our mind, relationships, performance levels and our overall workplace environment.

Learning Outcomes

This fully inclusive program, taps into the subconscious mind to discover the key elements of the 5 areas of emotional intelligence resulting in:

- Ownership and accountability of who we are, our purpose and how to break through the conscious mind and tap into the subconscious.
- The ability to face what is holding us back and apply techniques to manage the appropriateness and severity levels of our emotional responses to build resilience.
- Building emotionally intelligent and empathetic leaders with empowered, cohesive and high performing teams.
- Communicating with influence and confidence through tough conversations using humanistic skills to create connection and ownership.
- High performance leverage the wiring of our brains to work smarter not harder.

Amy is an Emotional Intelligence Speaker travelling from Perth, Australia, delivering keynotes and programs internationally.

Amy's 5 part methodology

Session Outline

Session 1: Own It and Face It

- Accountability, ownership and acceptance of ourselves, the situation, our priorities and choices.
- Ability to break through the conscious 'autopilot' mind and tap into the subconscious mind to resolve the underlying problem.
- Really understand our purpose, why we choose to do what we do and the meaning of success.
- Taking control and managing our emotional response in all situations to break through emotional hijacks, limitations and fears within ourselves and others.
- Developing resiliency and reframing techniques.

Session 2: Feel It

- Building a balanced, cohesive and high performing team with meaningful relationships.
- Mastering empathy within people and processes.
- Together we will challenge ourselves to create the ultimate empathy experience for our customers.
- Empowerment, not delegation or dictatorship.

Session 3: Ask It

- Building teams that get faster outcomes, increase in 'buy-in', less back and forth, and stronger relationships by communicating with EI.
- Having the honest and tough conversations resulting in ownership, not avoidance.
- Balancing our passion and egotistical mind.
- Identifying our modalities and how to leverage the during learning and communication.

Session 4: Drive It

- Overcoming and managing the ‘busy’ and overwhelm in a fast-changing environment.
- Leveraging the mind to achieve peak performing and productive teams.
- The ultimate time management of working smarter not harder.
- A committed and self-owned growth plan for our EI.

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