Amy Jacobson

Emotional Intelligence: 90 Day Pulse Check

A highly interactive accountability session with hindsight and commitment, delivered with a bit of tough love.

Session Overview

We have the best intentions when we walk away from our first EI session but sometimes life gets in the way. New neural pathways take time and repetition to create, much like habits do. Sometimes we nail it first go, other times we don't.

The EI Pulse Check is around 90 days post completing the program. We reflect on real situations and review how our emotional intelligence influenced the situation, whether it has improved and how we will apply our learnt skills and awareness to future situations. This speaks to our ownership and accountability challenging our progress and true commitment.

The purpose of this session is to reset the teams emotional intelligence and focus levels, and take it to the next level to embed. It is less about learning and more about tough love, challenge, situational review and call to action as we follow through on what we know we are truly capable of.

Learning Outcomes

- The ability to apply our emotional intelligence learnings and further embed the new neural pathways to respond to situations in an emotionally intelligent way.
- Direct alignment between learnings from the program and day to day situations.
- A burning drive and call to action to make an individual difference to who we are and how we impact those around us.

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

Amy's 5 part methodology

Session Outline

Session 1:

- Reflection and self-assessment of the past 90 days.
- Identify current personal and workplace levels of emotional intelligence, focus, intentions, blockers, or lack of delivery.
- Ownership of the excuse mindset and removal of blockers.

Session 2:

- Review and recap the role emotional intelligence plays in our day-to-day workplace, especially in times of change or uncertainty.
- Identify specific examples and situations where emotional intelligence can be improved and grown.
- Workshop the opportunities for implementation at individual and organisational levels.

Session 3:

- The Drive and Call to Action.
- Taking it to the next level, less talk and intentions, more action.
- The ongoing commitment and embed of emotional intelligence.

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