

Catalyst EQ: Lead To Succeed – Experiential Emotional Intelligence & Personal Transformation

Explore and engage interactively with your empowering and disempowering programs that drive your mindsets, emotional intelligence and quality of life – rebuild your programs, transform your life

OVERVIEW

Why you need this

Businesses are struggling to survive, cope with change and respond to stakeholder demands. Old styles of hierarchical structures and decision making are no longer effective. Business leaders are faced daily with performance problems, skills shortages, staff turnover, change fatigue, conflict, impact of stress, and lack of effective leadership and employees to deal with the complexity.

Recent research has shown that 66% of South Africans admit to being unhappy at work. This unhappiness is often reflected through employee behaviour in the workplace such as resistance to change, procrastination, frustration, short temperedness, absenteeism, conflict with others, lack of motivation and commitment, blame, victim mentality and apathy.

Standard interventions seldom address the real root cause of the problem, the underlying beliefs, attitudes, mindsets, interpersonal skills, personalities and emotional baggage of the past...the awareness and application of emotional intelligence!

TARGET AUDIENCE

Who needs to attend

The workshop is suitable for any level of individual or adult age group (18+). Where specific groups or leadership are attending, the workshop can be customised to address the specific needs and environment of the group or level. The workshop is very effective as a team-development process to build cohesiveness, understanding and improved individual and team effectiveness.



OUTCOMES

What you will get

The "Lead to Succeed" Workshop is developed on the principle that for people to change and grow, they need to create awareness of healthy or limiting beliefs and mindsets (mostly subconscious) and to change these at a fundamental level. The primary purpose of the "Lead to Succeed" Workshop is to equip participants with the awareness, knowledge and tools to make more effective choices and decisions in order to improve their personal effectiveness, their leadership effectiveness, work more effectively with others and therefore improve their business results...ie. build real, sustainable emotional intelligence!

The objectives of the workshop are as follows:

- To understand personal effectiveness and empowerment (true empowerment with regards finding the source of their personal power) and how it can contribute to effective leadership, relationships and results
- To become aware of personal strategies and conditioning that impact choices and decisions
- To understand the power of the mind and emotional programs of the past that impact ability to learn, change and grow
- To learn how to use e-motion (energy in motion) and emotional intelligence for energy and positive motivation
- To develop clarity on personal and professional goals and how to achieve them using the power of the subconscious mind.
- To learn the importance of values such as responsibility, commitment, self-respect, and integrity
- To discover the importance of building win-win relationships

We are CATALYSTS in creating high performance, high engagement organisations through developing leaders, building capacity and leveraging talent





OUTLINE

What you will learn

Module 01	Module 02	Module 03	Module 04
Preparing for the journey and power of the mind	What do you want and what holds you back	Power of our emotions and letting go the past	Taking charge of the future
Introduction to the journey Preparing for the journey 7 aspects of self Power of the mind and subconscious programming Dealing with change and resistance	What do you really want? What holds you back? <ul style="list-style-type: none"> • Scribe • Baggage • Shadow What impacts your physical energy - wellness, stress, energy drains Engaging with spiritual intelligence to explore a life of purpose, meaning, inspiration and contribution	Exploring emotional intelligence and our response patterns, hot buttons and derailers) What holds you back <ul style="list-style-type: none"> • Inner child – dealing with past hurts and patterns of reaction • Safety suits – impact of masks and patterns of coping Releasing the past – the power of now	Taking charge of the future <ul style="list-style-type: none"> • Light – what talent and gifts we can contribute • Guide – what resources can we access • Achieving goals with the whole brain • Integrity and commitment Building trust and overcoming self-doubt Intentions and tools for the future

APPROACH

How you will learn

Lead to Succeed is a 2 day (20 hour), experiential workshop designed to assist individuals in understanding their responses and impact in their lives and with others, and how to identify and release those beliefs and habits that hold them back from achieving the personal and professional results they strive for. The workshop presents a safe space in which to explore possibilities and work in new ways to create positive results in life. The workshop is experiential in nature and includes individual and group activities, discussions, self-reflection and discovery, feedback, information sharing and practice sessions for new skills. The workshop is most effective if it is residential and delegates have undisrupted time to work with themselves.

Catalyst Consulting (Pty) Ltd

Phone +27 11 465 6270
 Email info@catalystconsulting.co.za
 Web www.catalystconsulting.co.za

Follow us on

