

Leadership EQ: Self-regulation

Leading with courage and alignment

One Day Workshop

Knowing yourself at this level gives you the cutting edge you need to lead authentically and be courageous in your everyday challenges. Being in alignment with yourself shifts you out of biases that will keep you trapped. Find out what they are and how you can shift them with Emotional Intelligence.

This practical, challenging and interactive workshop will build self-mastery from within and will cover...

- Cultivating **resilience** and **mental toughness**
- Practicing **critical awareness**
- Understanding the **power of your emotions**
- **Limiting beliefs** and how they sabotage
- **Exploring perfection**, its trappings and its ultimate prize
- Understanding your **brain: Growth or Fixed**
- Walking the talk - Leading from your **values**
- Recognising **patterns** that keep you **trapped**
- Explore **shame-resilience** and the power of **empathy**



Our facilitator



Sharon Deal is passionate about people and individuals and sees them as unique with a purpose and destiny. **Emotional Intelligence is her forte** and she has a passion for individuals to live, love and lead from a place of authenticity, being real, being free to be who they are. After 25 years as a leader and owner in the corporate environment, she is effective in working with entrepreneurs, executives and their teams. Sharon engages individuals and organisations through educating, facilitating, coaching and training. Her areas of specialty are: personal transformation, life and business coaching, relationship coaching, leadership development, transforming culture and building TRUST teams and offers training, workshops, and retreats.

CAPE TOWN

Wednesday, **23 October 2019**
Evertsdal Guest House

JOHANNESBURG

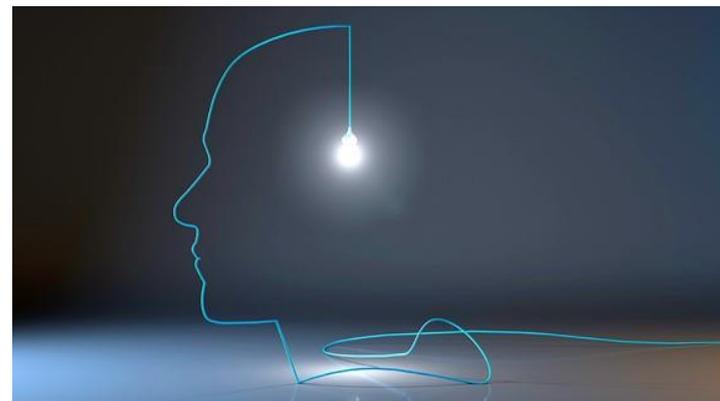
Friday, **1 November 2019**
Melrose Place Guest House

TIME

09:00 – 17:00
(08:30 registration)

INVESTMENT

R2 890 excl. VAT for Corporates
R1 730 excl. VAT for NPOs



Benefits of attending...

- Tools to grow your EQ muscle
- Re-wiring your brain
- Leading authentically
- Manage emotions, thoughts and behaviours to reach positive outcomes
- Overcoming patterns of sabotage
- Leading from within

“If you always do what you’ve always done, you will always get what you’ve always got. So if you want something different, do something different.” ~ Find Courage – Be the real you.

Who should attend?

Employees who want to build their EQ in order to perform better in complex and challenging environments and to lead self and others competently.

BOOK NOW!

[Click here](#) or contact **021 913 3507** / johleen@symphonia.net

IN-HOUSE WORKSHOPS

Contact **Kym Jackson** on **082 453 9393** / kym@symphonia.net