

EMOTIONAL COACHING

IMPROVING EFFECTIVENESS BY DEVELOPING EMOTIONAL INTELLIGENCE

Emotions are the essence of feeling human. They go hand in hand with thoughts to drive behaviour and allow people to achieve great goals. The ability to trust your emotions, to show empathy, to feel what you are truly feeling and not be ruled by your emotions is the essence of being emotionally intelligent. Emotional coaching is about understanding the different emotions, why they occur, and how to handle them.

Whenever you are involved with people, challenge or success emotions will be a part of the experience. Emotional coaching will help you **empower others to be in touch with their own emotional intelligence** and be more effective in their work, life and relationships.

● Emotional Intelligence

Recognising the six basic emotions (anger, fear, disgust, surprise, happiness, sorrow) and the background and application of emotional intelligence to leadership and communication.

● Emotional Hijacking

How the same set of biology and unconscious programming combines to allow us to feel intense pleasure and joy or anger and fear without even thinking about it. Exploring the 2 dangerous emotions of jealousy and envy.

● Patterns of Association

The difference between feelings, emotions, moods and temperament and how creating patterns of association and disassociation can help you get the best from your memories.

● Working With the Real Emotion

How to help people explore their feelings about their feelings, break free of limiting meta states and drop-through the current feeling to get to the real emotional response.

● Coaching Emotions of the Past, Present & Future

Tools to help people eliminate anxiety before it becomes panic, let go of guilt and enjoy more pleasure and joy.

1 Day Training 11th February 2011

Techniques for helping yourself and others get the best from their emotional intelligence.

Who delivers the training?

Neal Anderson is a Neuro Linguistic Psychotherapist, an INLPTA Registered NLP, Coaching and Business Communications Trainer, and Accredited Practitioner of Outdoor Learning. With a background in engineering, management and development training he works as a facilitator, coach and therapist with individuals and organisations. Neal is passionate about helping people grow and develop with a sense of playfulness, warmth and realism.

How do I book?

Book online at www.valleytraining.co.uk or call us on 07899 856518 with any questions.

Dates: 11 February 2011 9.30 – 5.00

Location: Central Kendal, Lake District.

Regular price: £90

Certification: Certificate of attendance

