

Move Your Career Forward

with **BRENDA ABDILLA**

HOW TO BE A BETTER LEADER PART 1

THE EMOTIONALLY INTELLIGENT LEADER*

This class is designed to give leaders very concrete and individualized feedback about their current level of emotional intelligence and how that applies to their daily interactions with the team—and ultimately their success. In this engaging course attendees will learn what their EQ strengths and detractors are and what to do about it as well as the impact stress has on their ability to lead.

JUST A FEW OF THE TOPICS COVERED IN THIS PROGRAM:

- The Good News About Emotional Intelligence and Success
- Leadership and the Triggered Brain
- Leading In the Age of “VUCA”-Volatility, Uncertainty, Complexity and Ambiguity
- De-brief Individual Assessments Including 15 EQ Components
- Strengths & Challenges Assessment
- The EQ Card Game

DETAILS ABOUT THIS PROGRAM:

- This program includes the EQi 2.0 Assessment or The EQi Leadership Assessment
- Allow 3 hours for this program
- Participants should each have at least one direct report
- If you would like to add a relevant book to read for each leader please let us know

BRENDA ABDILLA Author, Coach, Speaker

Brenda’s professional speaking approach is confidently different. Her past experience speaking for 13 years worldwide coupled now with her leading credentials in the coaching profession allow her to create an atmosphere of experiential learning where the participants are the central focus. Brenda uses content that is highly relevant to today’s workforce and designs her programs to engage teams both with their own brain power and with their co-workers as well.

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"I CAN DEFINITELY TAKE MY LEADERSHIP TO THE NEXT LEVEL."

"I CAME IN OVERWHELMED AND LEFT WITH GREAT TOOLS."

WHAT PARTICIPANTS ARE SAYING

