

What is Emotional Intelligence?

*According to the World Economic Forum in 2018, "workers will see an average shift of 42% in required workplace skills in the period leading up to 2022. [...] **Emotional intelligence**, leadership and social influence as well as service orientation are also set to see particular increase in demand relative to their current prominence today."*



Group Coaching - Developing Emotional Intelligence in Leadership, is designed to provide you with an understanding of emotional intelligence, and how it applies to your leadership skills both in the workplace and your personal life. This 8-week program will follow concepts from the book *Emotional Capitalists* by Martyn Newman, as we discuss the following topics self-reliance, straightforwardness, optimism, self-actualization, relationship skills, self-confidence, and empathy along with exercises to set tangible goals that will help you develop these skills.

Through Group Coaching, you will be working closely with the Director of the VSE Career Centre, a Peer Coach, and 6-8 of your peers. We will be having weekly 75-minute group coaching sessions at the Career Centre, in addition to approximately 1-2 hours per week of work in preparation.