

[OpTEAMise]

EMOTIONAL INTELLIGENCE (EI)

Emotional Intelligence (EI) - emotional and social skills that influence the way we understand and manage ourselves and understand and manage others - is a key indicator of a teams' performance. Teams with higher EI communicate effectively, form strong relationships and create powerful coping strategies. EI can be measured and, unlike IQ, it can be substantially strengthened and developed.

Our 2-day OpTEAMise EI programme utilises the EiQ 2.0 Team profiling system to uncover your teams' unique EI blueprint. A combination of indoor and outdoor team activity sessions explore the results of your unique EI profile to demonstrate, develop and enhance your teams' EI skills, creating a more open, productive and positive team dynamic

The OpTEAMise EI programme helps:-

- Build a high-performance team culture where individual and team performance is maximised
- Increase team members' self-awareness
- Encourage greater empathy and understanding between team members
- Develop trust & communication skills - creating a safe, respectful team environment
- Encourage a positive, creative and solutions-oriented team mindset

Itineraries are tailored to suit each individual teams' requirements,
please call Sabina on 095 42113
or email teams@delphiresort.com



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