

[OpTEAMise]

EMOTIONAL INTELLIGENCE (EI)



EQ-i^{2.0*}
assess. predict. perform

With more work than ever being undertaken by teams, Emotional Intelligence (EI) - how we understand and manage emotional and social skills and those of others - is more important than ever. 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 1-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

Facilitator: Sabina Cox is Sales & Marketing Manager at Delphi Resort and a certified EQi2.0 Trainer and Executive Coach. With over 25 years of senior leadership experience, working in both the private and public sectors in Ireland and the UK, Sabina has a passion for people development and in particular harnessing the power of teams.

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



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