

EMOTIONAL INTELLIGENCE TRAINING

CPD ACCREDITED

Earn 3 hrs of professionalism credits while developing EI skills.



FOR LEADING LEGAL PROFESSIONALS

One-on-one EI testing & training for the lawyer who wants to take their practice to the next level.

PERSONALIZED

This is not a one-size-fits-all solution. This program is designed to meet your customized needs.

**“Yes, I think I have good people skills.
What kind of idiot question is that?”**



Need CPD Professionalism credits?

Sessions to fit your busy schedule.

Without having to leave your home or office.

LAW SOCIETY
OF ONTARIO



accredited

EI TESTING AND COACHING FOR LEADING LEGAL PROFESSIONALS

DESIGNED BY A LAWYER,
FOR LAWYERS

Whether we are establishing and maintaining effective professional relationships, successfully representing our clients or managing our own wellbeing, emotional intelligence (EI) shows up in our daily practice.

This program provides you with an in-depth understanding of emotional intelligence. In three sessions, identify and develop the key competencies you require to take your career to the next level.

CE PROGRAMME EST AUSSI OFFERT EN FRANÇAIS.

Gain insight into your Emotional intelligence (EI) results and develop strategies with the aim of reaching your full potential. EI is based on fifteen competencies grouped into five composites:

STRESS MANAGEMENT

Flexibility, stress tolerance and optimism,

DECISION MAKING

Problem solving, impulse control and reality testing,

INTERPERSONAL

Interpersonal relationships, empathy and social responsibility,

SELF-EXPRESSION

Emotional expression, assertiveness, independence,

SELF-PERCEPTION

Self regard, self-actualization and emotional self-awareness.



How does the EI coaching program work?

The Emotional Intelligence Program begins with an EQ-I 2.0 online assessment. The results will indicate your strengths, opportunities for improvement and give you a picture of how balanced your fifteen competencies are.

In the three sessions, we will explore all fifteen emotional intelligence competencies; discuss how they impact you and your practice. We will identify which areas you'd like to focus on and set goals to intentionally develop the capacities you believe would be most beneficial.

What is Emotional Intelligence (EI) exactly?

Emotional intelligence is a set of tangible competencies that allow us to identify, express and manage emotions in others and ourselves. This in turn, allows us to utilize that information to guide our thoughts and behaviours in an effective way. These skills affect our performance, our wellbeing and our emotional and social functioning. Studies show that it the most important predictor of success, even more than IQ and experience.

What is EI testing and what does it involve?

The Emotional Quotient inventory (EQ-i 2.0) is the world's leading EI assessment tool and can only be administered by a certified practitioner. It is a 133 question, self-reporting assessment, delivered securely online that takes approximately 20 minutes to complete. Once completed, the EQ-i 2.0 measures fifteen emotional intelligence competencies and compiles a report indicating your current score on each scale.

Because the testing is online it can be completed at your convenience from your home, office or wherever you feel most at ease.

Can EI be improved?

YES. Unlike IQ and personality traits, which are fixed, emotional intelligence can be developed once you identify the areas you need to work on and make a plan to improve them. This CPD accredited program is designed to support you in doing just that.

What if I am interested in how my EI impacts my leadership ability?

A leadership report can be added to the EQ-I 2.0 assessment. This report contains insights on the possible implications of results, and which skills have the highest potential of becoming leadership derailers. strategies for development will be provided with the aim to attain true leadership potential, while being able to compare results against top leaders as a benchmark.

How much does it cost?

The EQ-I 2.0 testing, coaching and reports are \$510 +HST. To add the Leadership report is an additional \$130 for a total of \$640 +HST.

For more information on emotional intelligence testing, training and other services, contact us or visit our website.

SCHEDULE A FREE APPOINTMENT TO DISCUSS HOW I CAN BE OF VALUE TO YOU AND YOUR TEAM

WWW.LANASALEH.COM

INFO@LANASALEH.COM