

EMOTIONAL AGILITY



PRODUCTIVITY ACCELERATOR

Emotions contain important information. Approaching challenging situations without emotional intelligence is like driving with the parking brake on. With conscious awareness and learned skills, anyone can achieve smoother interactions, healthier relationships and more satisfying results.

ELEVATE EMPLOYEE INTERACTIONS

Emotional Intelligence is a science and practice that applies to all challenges in life. The insights support anyone facing a risky proposition, in a difficult relationship, questioning confidence, or losing enthusiasm.

WHAT IF EVERYONE COULD...

- » Not just manage stress but circumvent it?
- » Handle challenges and conflicts with more grace?
- » Give and receive feedback non-defensively?
- » Skillfully navigate and deal with personality conflicts or inappropriate behaviors?

LEARN MORE

InnerProfessional.com
connect@innerplicity.com

AUTHENTIC SELF EMPOWERMENT



The Fundamentals

This online course shows participants how to authentically and appropriately access, interpret and act upon key information embedded in emotions.



Blended Learning

- Self-paced: 8 weeks (1hr/wk online)
- Instructor-led: 3 live events (1hr each)
- Peer messaging, exercises and dialog



Results Oriented

- Productive employees & teams
- Reduced intra-company conflict
- Increased employee retention

WISDOM FOR THE WORKPLACE



TRANSFORMATIVE TRAINING

BEST-IN-CLASS ONLINE LEADERSHIP & PROFESSIONAL DEVELOPMENT

Cultivate coaching cultures, growth mindsets, mindfulness, emotional intelligence, compassionate communications, positive psychology and self-directed focus.

WORLD-CLASS FACULTY

Courses are designed and presented by renowned business leaders, academics, researchers, authors and blue-chip corporate trainers.

LEADING-EDGE COMMUNITY LEARNING SYSTEM

Step up to inspiring online learning experiences and community of practice camaraderie. Over a decade of social-engagement design is reflected in presentation methods plus direct instructor and peer classmate communications. Each session can scale to any size organization.

TWO ONLINE COURSE FORMATS, AT-A-GLANCE:

Instructor-Led, with online classmates

- » 1 hour/week engagement over 4-8 weeks
- » On-demand, self-paced video and written instruction
- » Community networking forum and accountability teams
- » 2-4 live, instructor-led online interactive events

Self-Paced, On-Demand

- » 1 hour/module with 4-8 modules
- » On-demand, self-paced video and written instruction

ONLINE COURSES



Coach Your Self Up

Learn self-coaching techniques to identify and break through self-limiting thought patterns and behaviors. Become fully “response-able” with your own career desires and development.



Leading a Coaching Culture

Manage high-performance teams to new heights with coaching skills tuned for leaders. Navigate difficult conversations, run efficient meetings and deliver results. Feel inspired not tired!



Introduction to Navigating Uncertainty

Build leadership skills to navigate through the unrelenting uncertainty of our times. Learn practices that are science-based, scalable and easy to implement.



Super Power Your Decisions

Six steps to intuitive, high-stakes decision making. Learn what intuition is and isn't, how to cultivate it, and how to use your intuition for better, faster decisions in the workplace.



Emotions at Work

Strengthen your emotional intelligence to better navigate the complexity of emotions in ourselves and others. Enhance work relationships and minimize stress amidst the pressures of today's fast-paced world.

Learn More at [InnerProfessional.com](https://www.InnerProfessional.com)

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