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Building Resilience with Emotional Intelligence

The Nowgen Centre, 29 Grafton Street, Manchester M13 9WU

Friday 7 October

9.30 to 1.00



Resilience is the capacity to succeed in the face of challenges; the ability to cope with excessive demands and stressful events without experiencing any undue personal stress.

EI4Change uses training in emotional intelligence to help managers and employees increase their resilience to respond and adapt in today's stressful, fast changing world, whilst enhancing self-confidence, well-being and productivity.

Improved resilience increases outputs and performance whilst reducing sickness absence and staff turnover.

During this half-day seminar, participants will learn about

- techniques and approaches to build personal resilience
- improved self management skills
- improved stress management
- building organisational resilience
- being more inspiring leaders with greater personal impact and influence

**Cost of half day workshop is £50
(includes refreshments, lunch and training materials)**

Places are limited so early booking is advisable.

***Register by email info@ei4change.org.uk or phone
Robin Hills, EI4Change Director, on 01204 853879***