

# Emotional Intelligence

WEBINAR

## Tuesday 24th November 2020

### All Delegates will receive

- Increased knowledge in Emotional Intelligence
- A set of Course downloads
- A certificate for your appraisal portfolio

Introducing your speaker

**Tracy Ellis**

**Leadership Coach and  
Experienced Leadership Trainer**

### Meet the Speaker ...

## Tracy Ellis

Tracy Ellis is a leadership coach and experienced leadership trainer.

She previously spent 15 years as a Lecturer in the Business School at Salford University, worked as a HR Professional at Salford Royal Hospital and the Greater Manchester Ambulance Service and as a GP Practice Manager.

For the past 15 years she has worked in Leadership Development roles in 2 universities as well as running her own consultancy.

She is a Fellow of the Higher Education Academy, ILM Authorised Trainer, Co-Chair of the North West Staff Development Network for Higher Education and Professional Member of the European Mentoring and Coaching Council. She is CIPD qualified, has a PG Cert in Teaching and ILM Level 5 Coaching Qualification.

At the University of Liverpool she currently runs a Strategic Leadership Programme, Middle Managers Programme and runs the University Mentoring Scheme and the North West Higher Education Coaches' Network.

Tracy's current external projects include the design and delivery of a Leadership Programme for Clinical Research Leads from institutions across the Horn of Africa who are responsible for a multi million pound "One Health" project which aims to improve the health and wealth of people in the Horn of Africa as well as delivering leadership training for the National Institute for Health Research (NIHR) Scholars Programme for Clinical Academics in the North West.



## Your Learning Agenda ...

### Emotional Intelligence - 1.5 hours

Emotions can influence the way we act and react in the workplace. Emotional Intelligence is the ability to recognise our behaviours, moods, and impulses, and manage them in a positive way so that we can communicate effectively, empathise with others, manage stress, overcome challenging situations and defuse conflict.

Emotional intelligence helps you build stronger relationships, succeed at work, and achieve your career and personal goals.

#### The session will include:

- ▶ Overview of Emotional Intelligence
- ▶ The benefits of enhancing your own emotional intelligence
- ▶ Define and practice self-management, self-awareness, self-regulation, self-motivation and empathy.
- ▶ Assessing your own level of Emotional Intelligence
- ▶ Using emotional intelligence to enhance communications with others
- ▶ The power of reframing your thinking

## Programme ...

<b>2.00 - 3.00pm</b>	<b>Webinar</b>
<b>3.00 - 3.10pm</b>	<b>Sponsor</b>
<b>3.10 - 3.20pm</b>	<b>Break</b>
<b>3.20 - 3.30pm</b>	<b>Sponsor</b>
<b>3.30 - 4.00pm</b>	<b>Q&amp;A's</b>

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