



# EMPOWERING YOUR EMOTIONAL INTELLIGENCE IN A DIGITAL WORLD



## Facilitator-Led Online Learning Program

The “New Normal” posed a rapid need to transition the way things are done, and this includes changes in how we work, learn, live and play. In response to these changes, POWERinU provides **ONLINE LEARNING SOLUTIONS** that offers **DYNAMISM**, **ENGAGEMENT** and **PRACTICALITY**.

### POWERinU's Online Classes are **DYNAMIC**

The classes offer an atmosphere of positivity and energy as everyone is encouraged to bring in something to the table. It is not just about learning something new after all. It's also about sharing with others good things or challenges that everyone can learn from in order to apply quicker the new concepts learned.

### POWERinU's Online Classes are **ENGAGING**

Learners may not be face-to-face with their facilitators and peers, but valuable interaction is expected as learners go through the activities in the class. The training workshop design also makes use of different modalities, and this is applied through the use of interactive tools like polls, surveys, group discussions in breakout rooms, and even role playing activities that reflect customized, actual or real-life scenarios, coupled with real-time feedback and coaching from highly qualified facilitators and coaches.

### POWERinU's Online Classes are **PRACTICAL**

Simple but relevant examples and tools are used so learnings can be applied immediately after the class. Pre- and Post-workshop assignments and practical applications are given to ensure a truly customized and immersive experience for the learner.



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## Online LEADERSHIP SOLUTIONS can be delivered as

	Leadership MASTERCLASS	Leadership BITE
<b>Workshop Hours</b>	3 - 3.5 hours per session	1.5 - 2 hours per session
<b>Number of Learners</b>	15 persons	15 persons or more
<b>Format</b>	Facilitator-led Online Workshop	Webinar
<b>Standard Platform</b> <i>(Other platforms may be accommodated)</i>	Zoom	Zoom
<b>Customizable</b>	✓	✓
<b>Includes Online Toolkit</b> <i>Tools to build and sustain knowledge &amp; skills learned (Complimentary with the Online Workshop)</i>	✓	✓
<b>Online Coaching</b> <i>Can be one-to-one or group coaching (Option for bundled or separate; Fees apply)</i>	✓	✓

Programs are based on the USA-based ATD (Association for Talent Development) Workshop Series

## EMPOWERING YOUR EMOTIONAL INTELLIGENCE IN A DIGITAL WORLD

This course is designed to help your workforce better understand themselves and others so that they can build rapport, lead change, handle conflict, and collaborate effectively.

### Session 1

- Opening: Introductions
- **Module 1: Emotional Intelligence Defined**
- **Module 2: Emotional Intelligence and Leadership**
- Personal Action Planning

### Session 2

- Review of Session 1
- **Module 3: Visionary Competencies**
- Personal Action Planning

### Session 3

- Review of Session 2
- **Module 4: Coaching Competencies**
- Personal Action Planning

### Session 4

- Review of Session 3
- **Module 5: Affiliative Competencies**
- **Module 6: Democratic Competencies**
- Personal Action Planning
- Closing

#### Module 1: Emotional Intelligence Defined

- The Anatomy of an Emotion
- The Four Domain Model of Emotional Intelligence
- The 18 Competencies of Emotional Intelligence
- Emotional Intelligence Assessment (Toolkit)

#### Module 2: Emotional Intelligence and Leadership

- Resonant Leadership
- Dissonant Leadership
- Goleman's Six Styles of Leadership

#### Module 3: Visionary Competencies

- Self-Awareness
- Self-Confidence
- Change Catalyst
- Inspirational Leadership

#### Module 4: Coaching Competencies

- Empathy
- Developing Others

#### Module 5: Affiliative Competencies

- Teamwork and Collaboration
  - Creating an Inclusive Culture
  - Encouraging Employee Engagement

#### Module 6: Democratic Competencies

- Influence
- Conflict Management

## WHAT ARE INCLUDED in Online Leadership Bites & Online Leadership Masterclass?



### ONLINE TOOLKIT

**CHANGE LEADERSHIP TOOLKIT**  
Tools to build and sustain Change Leadership  
*(Complimentary with the Online Workshop)*



### ONLINE WORKSHOP

**CHANGE LEADERSHIP WORKSHOP**  
Total of 4 Sessions

Package of 4 Sessions  
Online Leadership Masterclass

Per Session  
Option for Masterclass or Bite version



### ONLINE COACHING

**CHANGE LEADERSHIP COACHING**  
1-to-1 or Group Coaching to sustain Change Leadership



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