



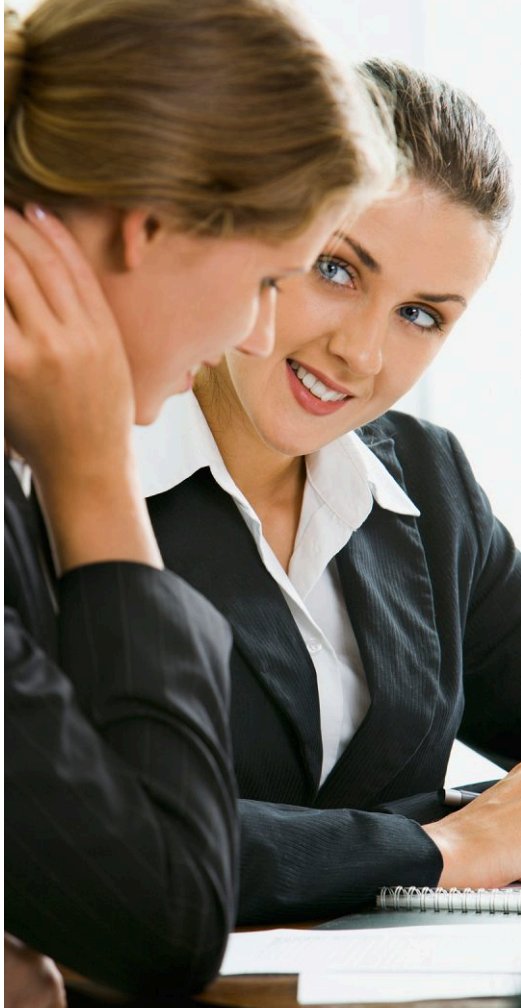
R. W. BENWICK
ASSOCIATES LIMITED®

AN RWBA COACHING SERVICE

EQ Leadership

EQ IN LEADERSHIP
ASSESSMENT & COACHING

COACHING FOR MORE SUCCESS & FULFILLMENT



1-866-952-6224 or 1-866-95COACH
www.rwbenwick.com

EQ BENEFITS

- **Promotes** more satisfying work & personal relationships
- **Supports** easier, enjoyable and rewarding connections with others
- **Strengthens** personal flexibility & high capacity for change
- **Advances** more flexibility-resilience-rapid recovery under stress
- **Promotes** high trust of self & others—strengthen communication
- **Increases** key employee engagement and retention
- **Accelerates** the Executives, Managers & individual contributor's development

LEARNING OBJECTIVES

- **Deepen** the ability to Self-Reflect—powerfully observe one-self
- **Increase** the ability to Self-Regulate—decrease distress
- **Re-establish** one's sense of equilibrium under stress
- **Strengthen** one's Empathy—Accuracy and Compassion
- **More** effectively choose appropriate Relationship Strategies
- **Select** self-reflection strategies to bring about powerful change

ASSESSMENT & COACHING STRUCTURE

- Complete an on-line measurement of three core capacities
 - Self-Reflection
 - Self-Regulation
 - Empathy
- Review key results with your RWBA Executive Coach
- Target and action plan key areas for development
- Develop wider range of competencies/skills to manage one's emotions in midst of complexity and chaos

FOCUS

To collect information and deepen the leader's understanding of his/her and other's emotions, using this self-awareness to more effectively manage one's self in relationships - 'being' a more powerful leader!

"I've substantively strengthened my leadership relationship strategies based on the solid instrumentation & excellent coaching support from my RWBA Executive Coach. The experience has been a powerful gift."

Mike Sylvestre - President, Manitoba Operations - CVRD Inc.