Calm is Clever

MANAGE YOUR EQ AND MAXIMISE YOUR IQ

The correlation between well managed e-motional intelligence (EQ) and the maximisation of intellect (IQ) is now well documented and the great news is that we can continue to build our EQ our whole life.

Would being cleverer in pressured situations be helpful for you? Would you like to develop a greater ability to let things wash over you so you can concentrate on managing and fixing 'stuff'? Would you like some ideas for how to deal with other people's difficult behaviours more effectively? We'll cover all this and more so keep reading...

People with high EQ are more successful, have more meaningful relationships, lead happier lives and are often healthier. These sessions offer insights, information and strategies around:

- *EQ and IQ – how they can work together for improved outcomes.*
- *Understanding the E-motions matrix – what happens in our body when e-motions rise.*
- *Learning from our ancestors – understanding why e-motions are so important (EQ helps us manage them, we never want to get rid of them or even worse suppress them).*
- *Early warning signs – tuning into to your e-motional responses so you can manage them early.*
- *Taking responsibility for our own reactions and being proactive in situations (iLoC vs eLoC)*
- *Setting ourselves up for success – things we can do to pre-empt and prepare.*
- *Making calm a lifetime mission – ways to set new neural pathways that help maintain our 'clever'!*

Keen to know more?

Contact Joan at JwJ Consulting now for more information and a competitive quotation.

All sessions are fully customised to your needs.
Session duration can be anything from 1 hour to 4 hours

Joan Wilson-Jones B.A (ACS). M.Ed. (A&WE) brings a wealth of practical experience supported by years of relevant study to this information session. She absolutely knows that her approaches work because she uses them herself every day! Joan's sessions are fun, filled with real evidence based information and offer a host of practical strategies that truly are life changing.

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