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## “EQ Manager – a Coach & Mentor”



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**Sarvagnya Solutions Private Limited**

info@sarvagnya.in

+91-40-3912 3502 / 3503

## **“EQ Manager – a Coach & Mentor”**

“EQ Manager – a Coach & Mentor” workshop assesses your emotional quotient by using EQ-i 2.0 instrument, which is the only instrument in the world that is scientifically validated to measure Emotional Intelligence.

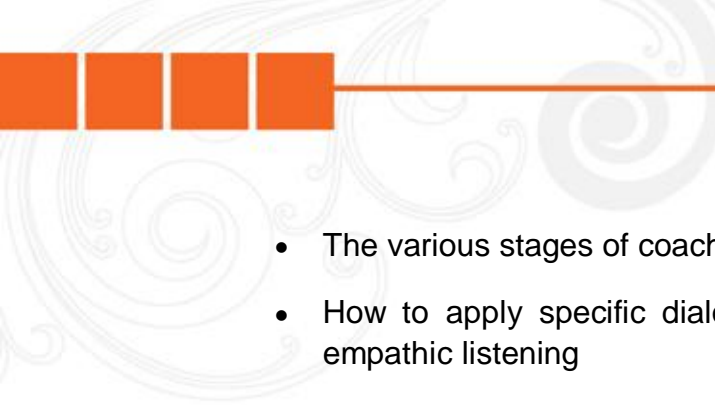
To successfully play the role of a “Manager as a Coach & Mentor” you need Emotional Intelligence. Coaching and Mentoring competencies unleashes you to learn different personal enhancement strategies to improve employee performance, modify less productive work habits, share expertise, values and desirable attitudes. That culminates into outstanding results for your organisation and your customers.

### **Process Steps:**

- Prior to the workshop, you will go through an online assessment of EQ-i 2.0
- You go through the 2 day workshop
- Your EQ results will be presented to you during the workshop
- You will go through Paper Pencil assessments of Coaching and Mentoring followed by interpretation of results

### **Workshop Take Aways:**

- What is EQ and its application to Coaching & Mentoring
- The principles of coaching & mentoring, and its core dimensions
- What is the difference between coaching & mentoring, and its application
- To understand the key abilities required of a coach and a mentor
- How to evaluate your strengths and weaknesses
- How to explore the various types of development coaching and mentoring
- To practice both positive and improvement feedback

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- The various stages of coaching and mentoring
  - How to apply specific dialogue techniques: the learning question and empathic listening
  - How to make coaching and mentoring work in an organisational setting

**Duration: 2 Days**

**Participants**

CXO's, HOD's, Managers, Assistant Managers and Team leads.