



Dr. MIKE GOSLING, Ph.D.

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LEADING WITH  
EMOTIONAL INTELLIGENCE

2-Day Executive Workshop With EI Measurement

January, 2017

## **A. Details of the Training Program**

### **1. Course Title:**

Leading With Emotional Intelligence

### **2. General Aim of The Program:**

Emotional intelligence (EI) in the workplace is now regarded as a core ability for leadership and is vital to being an effective and high-performing member of any team. Intellect and business expertise can only carry you so far if emotional intelligence is lacking. This program focuses specifically on the behavioral level, on performance at work. Leaders who understand the connection between emotions and actions and can apply EI skills to maximize effectiveness have a stand-out advantage in any organization.

This seminar introduces a proven model for developing emotional intelligence abilities and provides participants with the insight and skills to apply them in making their job and career more effective, satisfying and successful. Leaders who can "tune into themselves" and are mindful of how their thinking, feeling and behaviors impact on people they influence will enhance individual and organisational performance.

### **3. How Leaders Will Benefit:**

- Define Emotional Intelligence (EI) abilities and emotional skills and their origins
- Recognize the benefits of developing emotional intelligence
- Receive detailed analysis of your strengths and challenges using emotional intelligence
- Helps to identify root causes of problems, blocks or unhelpful behavior
- Promotes self-awareness in a range of functionally critical areas
- Places current levels of performance into perspective
- Provides a practical 'call-to-action' plan to improvement

### **4. How Organisations Will Benefit:**

- Provides a direct, objective measure of actual Emotional Intelligence functioning
- Renders employee recruitment and selection more efficient and reliable
- Increases the efficacy of leadership development and other types of training
- Helps improve group processes for the challenges of tomorrow

### **5. What Leaders Learn In Emotional Intelligence Training Gold Coast**

#### **The Meaning and Value of Emotional Intelligence**

- Defining Emotional Intelligence (EI) abilities and competencies
- Comprehending the neurological and physiological underpinnings of EI
- Relating the behaviors, impact and challenges of EI on workplace performance
- Identifying your workplace relationships and their importance to yourself and others

#### **Gaining Personal Insight into Your EI Abilities through a MSCEIT™ Performance Test**

- Being aware of your personal reactions to the MSCEIT assessment
- Describing your EI strengths and challenges to illustrate your MSCEIT profile

- Recognising and explaining and your ability to be intelligent with and about emotions in four areas: (1) recognizing emotion, (2) using emotion to assist thinking, (3) understanding emotion, and (4) appropriately managing emotion in yourself and in others
- Selecting potential developmental areas for enhancing your EI abilities

#### **Genos EI skills to help you identify & respond to emotions within yourself and others**

- Consider when you display emotionally intelligent workplace behavior that underlies success
- Using emotions to influence your decisions, behavior and performance in productive ways
- In the workplace EI underlies self-awareness, empathy, leadership and resilience.
- Feel better at work, facilitate more productive work environments, and better lead and engage others

#### **Identifying Areas for Improvement and Specific Steps for Developing EI**

- Describing developmental activities that will increase understanding and skill
- Practising developmental activities associated with each emotional ability
- Consolidating information from assessments and self-reflection into an action plan
- Planning specific techniques to act on improvement areas
- Devising methods to maintain focus on development plans

## **6. Target Group of the Course**

Senior managers and leaders who want to maximise their overall performance by increasing emotion management and self-understanding through emotional intelligence training and create a healthy, productive workplace and organizational culture.

## **7. Seminar Date and Duration in Hours**

The proposed date for the seminar is to be determined by the client in consultation with the Provider. Duration of the course is 2-days from 9 am to 5 pm day, which includes 6-hours of instruction, 1-hour for lunch and two 30 minutes breaks. It is proposed that the seminar be conducted over 2 consecutive days.

**NOTE:** Participants MUST complete the MSCEIT online test prior to the seminar – Item D below.

## **8. Methodology of Instructions to be Used**

The method of instruction is:

- 1) Direct instruction for the presentation of new learning material via Powerpoint slide presentation, seminar workbook, fact sheets, video and workshop exercises.
- 2) Facilitation of Q&A to allow participants to process content and address concerns raised from individual emotional intelligence assessments.
- 3) Encourage interaction and feedforward through eliciting responses to the Emotional Intelligence assessments, Group Report and group work case studies.

## B. Training Location/Venue/Refreshments/Materials

The Client will organise and provide the training location suitable for conducting the 2-Day Executive Seminar in the client's location, including all tea and coffee, refreshments and lunch as required.

The Client will provide for the use of the Provider an overhead projector with audio/visual equipment for displaying laptop PowerPoint slides/video, a White Board with blue and black whiteboard markers and eraser, sufficient white butchers paper for completion of exercises and incidental expenses incurred, including insurance and photocopying charges.

**NOTE:** Travel and accommodation charges for seminars presented internationally and in other Australian cities are additional to the seminar fee (See G below).

## C. Handouts/Seminar Material:

Each participant receives:

1. MSCEIT™ — Leadership Development Report (39 Pages) (Value AUD\$360)
2. Seminar Workbook (80 Pages A4) — Supplied by the Provider at the seminar (Value AUD\$100)
3. Complimentary copy of *The Emotional Leader Playbook* by Mike Gosling Ph.D. (Value AUD\$45)
4. Ebook – *Emotional Leadership. Using Emotionally Intelligent Behaviour To Enjoy A Life of EASE* by Mike Gosling Ph.D. and Mrs Karen Gosling (Value AUD\$30)
5. FREE 1 x 2-Hour Individual Skype consultation per participant with either Dr. Mike Gosling or Mrs Karen Gosling to review their individual MSCEIT/Genos assessments or personal concerns (Value AUD\$800)

**CHAIRMAN/CEO of the Client Organisation will receive:**

1. Copies of Participant MSCEIT™ Development Reports.

## D. Completion of Online MSCEIT Emotional Intelligence Assessment:

Before attending this seminar, each participant will receive a link by email to the online MSCEIT™ assessment. Each participant must complete the assessment online at least seven (7) days prior to the commencement of the seminar. Development reports will be emailed to leaders on completion of the tests. Participants must print their report (in colour) and bring it to the seminar in order to participate fully in the workshop.

**NOTE: The completion of the MSCEIT assessments by participants on time and prior to the seminar is critical to the success of the workshop.**

## E. Course Director and Instructor – Dr. Mike Gosling Biography

**Dr. Gosling's vision:** *One Million Successful Emotionally Intelligent Leaders Worldwide by December 2020.*

**Dr. Gosling** is an Australian citizen. He is acknowledged as an expert trainer and executive coach on developing and applying emotional intelligence. He is an accredited Stakeholder Centered Coach with [Dr. Marshall Goldsmith](#); the #1 Executive Coach in the world ranking by Global Gurus and the World's #1 Leadership Thinker by Thinkers50.

Dr. Gosling is known for his ground-breaking work in emotional brain theory, personal and emotional leadership development, enhancing listening and communication skills, life and business coaching, and optimal life planning.

A successful executive coach, author, trainer, university lecturer, corporate executive and business owner, Dr. Gosling has the expertise and resources to help leaders in developing and applying their emotional intelligence for effective emotional leadership in this Emotional Intelligence Training Gold Coast.

Dr. Gosling holds a Ph.D. in Management (Emotional Intelligence), and Master of Business Administration, Grad. Cert. in Management, and BA (Accountancy) degrees. With more than 35 years' experience in commerce, manufacturing, small business, executive leadership development and academia in Australia, Fiji and Singapore, he has the technical knowledge and practical experience to lead others in leadership, business and entrepreneurship. Dr. Gosling also holds a Bachelor of Theology degree and has a deep understanding of world cultures and religions.

Dr. Gosling and his wife, Karen Gosling, have conducted their private coaching and counselling practice, Gosling International, for 20 years serving committed clients worldwide online and personally in Fiji, South East Asia and Australia. They are based on the Gold Coast, Queensland.

Dr. Gosling's Publications:

- *The Emotional Leader Program: A Practical Guide To Successful Leadership Through Emotional Intelligence* (676 pages manual).
- *The Emotional Leader Playbook. Emotional Leadership Coaching.*
- *Emotion Matters. How To Reduce Your Stress And Achieve Wellness.*
- *Emotional Leadership. Using Emotionally Intelligent Behavior To Enjoy A Life of EASE.*
- *The Emotional Intelligence of Managers in Singapore* (Ph.D. Thesis)

### Course Instructor – Mrs Karen Gosling Biography

**Karen Gosling** is a pioneer in the field of personal development and human wellness. An **experienced relationship counsellor**, mental health social worker, adult ADD educator, she is the **author** of five influential books on relationship advice, managing stress, Adult ADD and emotional well-being.

For over 35 years Karen has helped more than 5,500 women and men worldwide from 83 nationalities and 43 corporations to live happier and more meaningful lives. She is well qualified as an instructor for Emotional Intelligence Training Gold Coast.

Based on the Gold Coast, Queensland, Australia, she is the Counselling Director at Gosling International, Co-Founder of the [RelationshipsMe Community](#), and creator of the seminar series: *Surviving Life Dramas* and *How to Handle Difficult Behavior*. Karen holds BA (Social Work) and Master of Public Health degrees and has contributed to our science-based emotional brain theory to help you fix your relationship.

Karen Gosling's Publications:

- *Surviving Life Dramas. How To Stop Whining And Start Living!*
- *How To Handle Difficult Behavior – And It May Be Your Own!*
- *EmotionMatters. How To Reduce Your Stress And Achieve Wellness.*
- *Emotional Leadership. Using Emotionally Intelligent Behavior To Enjoy A Life of EASE.*
- *Enjoy A Life Of Ease. Master Emotional Leadership.*

**Karen's Mission statement:** My passion is to teach people how to regulate powerful emotions created by life dramas or relationship stress so they can change others by first changing themselves.

#### F. Contact Details.

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#### G. Seminar Fee:

Item	Fee (AUD\$)
2-Day Seminar: <i>Leading With Emotional Intelligence</i> (Max 30 pax). Includes: 1 x EI Assessments with development report, seminar workbook, <i>The Emotional Leader Playbook</i> , <i>Emotional Leadership</i> ebook, plus EXTRA VALUE: 1 x 2-Hour post-seminar individual emotional intelligence coaching consultation via Skype per participant.	\$1,250 per participant (+ GST)

#### TERMS:

The Emotional Intelligence Training Gold Coast Seminar Fee is PREPAID IN FULL in AUD\$ to the Provider 6 weeks prior to the commencement of the seminar to ANZ Banking Group Ltd, 81 Scarborough Street, Southport, Queensland, 4215 Australia. SwiftCode: ANZBAU3M Account: Gosling International, Branch: 014-701, Account No. 2512-56705.

NOTE: If the seminar fee is not received by the Provider by the due date the seminar will not proceed.

#### H. Enquiries & Registrations

To engage Gosling International for your 2-Day Seminar *Leading With Emotional Intelligence*, in Australia or in your country location, please contact us using our online form at: <http://mikegosling.com/contact/>