EVOLUTIONARY INTELLIGENCE ACADEMY

# **Programs for Leaders and Teams**

www.evolutionaryintelligenceacademy.com







## The Sustainable Professional

Assess the sustainability of current ways of being. Learn how to create internal stability. Leave with a practical toolkit for internal harmony. For both leaders and teams.

#### **Content Preview**

- **Personal Sustainability Audit**
- **Energy Fundamentals**
- How to create an inner anchor for stability
- Tools to create space in your day
- Action plan for daily integration



**3 hour workshop or 3 x 1 hour sessions** 

**Up to 20** 



## The Present & Aware Professional

Explore the difference between presence and awareness. Learn tools to increase both. Apply to everyday work context. For both leaders and teams.

#### **Content Preview**

- What is presence?
- What is awareness?
- **3 x inner technologies to increase both**
- The link with purpose, performance and engagement
- Tools to apply these 2 key skills to active listening and communications



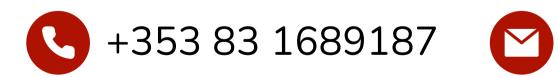
4 hour workshop or 2 x 2 hour sessions

Virtual or In Person



### We also provide bespoke programs tailored to the needs of your organisation

**BOOK A DISCOVERY CALL** 





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