

YOUR EXPERT GUIDE

Meg Phillips is the Director of Balance4Life Programs, a Certified Coach authorized to deliver the Social + Emotional Intelligence Profile (SEIP)® and a Clinical Hypnotherapist.

Experienced in delivering educational programs and developing curriculum and with more than 20 years teaching experience, she brings a depth of knowledge about how we learn to the presentations.

Balance4Life offers half-day, full-day and two-day training, plus monthly 90-minute training modules on various S+EI competencies over breakfast or lunch.

In addition we conduct private sessions for individuals who wish to develop any of the 26 competencies with an ongoing coaching program.

CALL OR EMAIL FOR MORE DETAILS



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EMOTIONAL
INTELLIGENCE

CAN

BE LEARNED.



SELF AWARENESS

Knowing one's internal states, preferences, resources and intuitions.

IMAGINE BEING FREE FROM INNER STRESS

and to discover that you have:

- More personal and emotional power
- Increased levels of self awareness
- More effective people skills
- Better boundaries
- Better communication skills
- More resilience
- Powerful influencing skills

SOCIAL AWARENESS

Awareness of others' feelings, needs and concerns.

TRANSFORM

With powerful and targeted coaching to improve your Social and Emotional Intelligence.

Put together the pieces of the puzzle with a Social + Emotional Intelligence Profile (SEIP)®

IDENTIFY

Your strengths and vulnerabilities and access effective strategies to build the 26 competencies covered in your profile.

You have probably already heard of “social + emotional intelligence”. Some researchers believe that our success in work or life is driven far more by our emotional intelligence (EQ) than by our cognitive intelligence (IQ).

SELF MANAGEMENT

Managing one's internal states, impulses and resources.

CORPORATE & INDIVIDUAL DEVELOPMENT PROGRAMS

Social + emotional intelligence (SEQ) contributes some 60 –70% towards success at work and life in general, whereas IQ or cognitive intelligence only contributes 30 –40%.

Whether you are a business or school, assessing the Social + Emotional Intelligence of your leaders, managers, employees or students will improve the overall performance of your organization

SOCIAL SKILLS

Relationship Management and adeptness in inducing desirable responses in others.