

## About Balance4Life Programs

*Located in Melbourne's South Eastern Suburbs, Balance4Life Programs have been delivering workshops and talks to Not For Profit Organizations, the Victorian Small Business Festival and other groups since 2011.*

*A lack of trust and empathy, conflict in the workplace, school or at home are signs that Social and Emotional Intelligence competencies need to be addressed. Stress levels are increased and this in turn will lower your energy levels - in the long term, health issues then arise.*

*When there are high levels of Social and Emotional intelligence, conflicts are resolved quicker, teams unite, and there is more focus on common goals, resulting in profitable productivity.*

*Social and Emotional Intelligence CAN be measured and identify both your strengths & vulnerabilities. There are 26 key competencies that can be learned and developed, not only by adults but also secondary students.*

*These workshops give an overview of what can be achieved.*

***Call or email Meg to book a workshop and to organize your personal profile.***

***Choose a single session debrief or a 5 session coaching package.***



# Social & Emotional Intelligence Workshops



**Balance4LifePrograms Pty Ltd**

P O Box 3372  
Wheelers Hill 3150  
Victoria. Australia

Phone: 03 9029 8725  
Mob: 0412 655 742  
E-mail: [info@balance4life.com.au](mailto:info@balance4life.com.au)

[www.balance4life.com.au](http://www.balance4life.com.au)

# What is Social and Emotional Intelligence?

Social and emotional intelligence is the ability to be aware of our own emotions and those of others, ***in the moment***, and to use that information to manage ourselves and manage our relationships.

These Workshops cover competencies that build:

## Personal Competence

- **Self Awareness**
- **Self Management**

## Social Competence

- **Social Awareness** - *Other Awareness*
- **Social Skills** - *Relationship Management*

Building skills in these areas brings a greater cohesiveness to organizations as individuals learn to identify their strengths and vulnerabilities and then develop competencies for both themselves and team members.

There are 26 modules covered in the Social and Emotional Intelligence program. Call or email today to find out more.

## WORKSHOPS AND TRAINING MODULES

### Emotional Self Awareness

Recognizing one's emotions and their effects.

### Behavioral Self Control

Keeping disruptive emotions in check; impulse control

### Stress Management

Working calmly under stress and pressure

### Conflict Management

Negotiating and resolving disagreements

### Communication

Listening attentively and fostering open dialogue

### Coaching & Mentoring Others

Identifying others' development needs & bolstering their abilities

### Intentionality

Thinking and acting "on purpose" and deliberately

### Teamwork & Collaboration

Working with others towards shared goals. Creating a group synergy in pursuit of collective goals

### Inspirational Leadership

Motivating, guiding and mobilizing individuals and groups; articulating a clear, compelling & motivating vision for the future

### Resilience

Perseverance and diligence in the face of setbacks

### Realistic Optimism

Expecting success; seeing setbacks as manageable; persisting in achieving goals despite obstacles and setbacks

### Building Bonds

Nurturing and maintaining relationships, creating a wide network, connecting with others on a deeper rather than superficial level

## TRAINING MODULES PRICING

1 Module :	90 minutes	\$ 750
2 Modules:	Half day	\$1500
4 Modules:	Full day	\$3000
2 Day Intensive	(8 Modules)	\$5250

## ASSESSMENT & COACHING PRICING\*

Single Session (Adult) including SEIP®	\$ 450
Single Session (Youth) including SEIP®	\$ 395
5 Session Adult Coaching package	\$1845
5 Session Youth Coaching package	\$ 1595

\* Ask about group pricing.

**You get the most from your training dollar if you support the new learning with coaching.**

**According to recent studies, coaching plus training boosted the ROI on the training investment four-fold over training alone Be sure to get the benefit of both!**