



Program brochure

**COACHING
WITH EQ.
THINK
BETTER,
BE MORE**



“If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present”

Lao Tzu



WHAT

Coaching with EQ is an applied workshop that is build around The 6 seconds EQ Model:



1

KNOW
YOURSELF



2

CHOOSE
YOURSELF



3

GIVE
YOURSELF



HOW



WE FACILITATE

using the power of reflection and reflective dialogue, assisted by a set of EQ instruments fostering powerful discussions that put emotional intelligence into action. The workshop can be customized to address a variety of challenges like:

- individual and team attitude (overwhelmed by emotions, inappropriately expressing emotions, relationships not going well, loss of direction in career or life);
- under-performing, not following through;
- ready for a new challenge or bigger role;
- activating creativity and innovation;
- engaging team intrinsic motivation, exercise individual and team optimism.

WHO



1

participants explore critical concepts of neuroscience, emotional & social intelligence and how the rational /emotional dynamics impacts personal growth, group relationships/productivity and the coaching experience.



WHO



2

participants practice different coaching techniques that stimulate different areas of the brain, to maximize coaching outcomes.



LEARNING OUTCOMES



1

Understand neuroplasticity and its impact in coaching

3

Understand and practice the activation of different parts of the brain in coaching, through use of representational systems, metaphors and language mirroring

2

Understand the major neurotransmitters and why they are important in coaching

4

Understand the foundations of unconscious biases and their impact in coaching

LEARNING OUTCOMES



5

Understand the main human emotions and how they impact mind and body functions

6

Understand the negative vs positive emotional ratio, its impact on personal development, health and actualization and leverage it in the coaching process

OUR TEAM



**IULIA
PIELMUS**

PCC Coach
Mentor
NLP Practitioner



OLGA UDREA

Learning architect
ACC Coach
Psychotherapist



ABOUT US

is to create vibrant, immersive learning experiences for coaching enthusiasts, while collectively building a safe and supportive community. As pathways to continuous learning and ICF credentials, we hope through our programs to elevate insight, stimulate curiosity and facilitate growing.

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