

Becoming an Emotionally Intelligent Leader

Leading With Clarity, Confidence and Impact



Program Overview

A Program For Every Leader And Their Team

In a workplace where pressure, pace and complexity are only increasing, emotional intelligence is no longer optional - it's essential.

This workshop gives you the skills to understand your emotions, manage your reactions, and connect more effectively with the people around you.

By learning how to bring insight, impulse control, empathy and strong relationships together, you'll lead with greater clarity, confidence and impact.

If you want stronger teams, a healthier culture and better results, this is the program that will help you get there.

Topics

- ▶ What Is Emotional Intelligence?
- ▶ Why Emotional Intelligence Matters
- ▶ Becoming the best EI version of yourself
- ▶ Understanding the Four Components of Emotional Intelligence
- ▶ Living with Insight, Impulse Control, Empathy & Strong Relationships
- ▶ Creating an Emotional Intelligence Action Plan

Learning Outcomes

- ▶ Understand core EI principles and their impact on leadership
- ▶ Build self-awareness and manage emotions under pressure
- ▶ Strengthen relationships through empathy and influence
- ▶ Create a practical EI action plan for daily leadership

Dates - Half-Day Virtual Workshop

07 Oct 2026	06 Apr 2027	25 Aug 2027
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Times: 10:30am - 2:30pm (AEDT)

(Lunch break - 12:30pm - 1:00pm)

Investment

Individual	\$325pp + GST
Group Booking	\$299pp + GST
(6+ Delegates)	All prices are in AUD

To view the schedule or to register in to the workshop click on the button below.

MORE INFO

In-house

All of our programs can be conducted as virtual or face-to-face In-house programs. Proteus can also customise an In-house program, tailoring it to your company's needs.

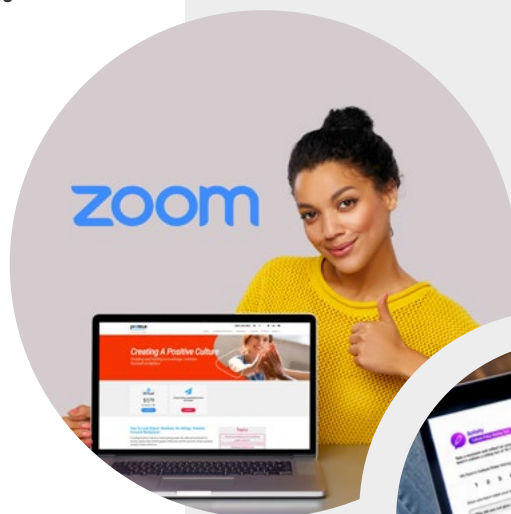
Contact our team to discuss your requirements on: [1300 219 903](tel:1300219903)

Virtual

All of our public and In-house programs will be running through the Zoom platform. Remember, you don't have to sign up to Zoom to use it.

Benefits of training with Proteus

- ✓ **Interactive workbooks** which allow participants to immerse themselves into a truly engaging experience.
- ✓ **Virtual break out rooms** are used to allow participants to work in smaller groups to complete activities and workshop ideas.
- ✓ **World-class facilitators** who are dedicated to helping people change their behaviour and actions.
- ✓ **Inspirational and practical content** that can be used immediately.



Cancellation Policy:

Payment is required before the commencement of training. All payments within 7 days of the program date must be paid by credit card or direct debit. Refunds will not be given within 7 days of the program date. Transfers to another program date or a replacement person, can be made up to 48 hours prior to the program, if submitted in writing. No refunds or transfers can be made after this time. Proteus Leadership reserves the right to change the facilitators/speakers or the advertised price.

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[proteusleadership.com/linkedin](https://www.linkedin.com/company/proteusleadership) [proteusleadership](https://www.instagram.com/proteusleadership)

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