

The Emotionally Savvy Lawyer

Assess, develop and apply the four emotional skills of leadership

One day workshop

CONTEXT

Emotional intelligence refers to your ability to reason with emotions and to use emotion to enhance thoughts. Emotional intelligence is essential in effective leadership. Leaders high in EI encourage team successes, share collaborative goals and tend to experience greater job satisfaction.

Emotionally intelligent lawyers know that emotion is not just important, but absolutely necessary to make good decisions, take action and solve problems, cope with change and succeed. Research shows that excellent lawyers are generally more emotionally intelligent and they are better in relationships with clients and colleagues.

This course is for lawyers who want to develop key leadership competencies and get the best out of people at work.

OBJECTIVES

This course enables participants to gain valuable insights into their emotional intelligence using an ability-based measure of EI and includes strategies for developing and using the four key emotional skills of leadership.

OUTLINE

- The World of Emotional Intelligence
- Understand Your Emotional Skills
- Develop Your Emotional Skills
- Apply Your Leadership Skills
 - Executive Coaching: group needs
 - Giving and receiving feedback
 - Six principles for motivating people
 - Team building skills

Interactive Components

- A confidential on line assessment using the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) and Resources Report to build emotional intelligence in Four Main Areas:
 1. *Emotional perception*: ability to recognise how self and others are feeling
 2. *Emotional integration*: using emotions in conjunction with thinking to enhance problem solving , reasoning and insight

3. *Emotional understanding*: the ability to label and reason with emotions and use them to understand self and others
4. *Emotional management*: an awareness, acceptance and use of emotions in problem solving, successfully managing and coping with different emotions.

PRESENTER

Barbara Miller is an organisational psychologist, personal and professional coach and trainer with a diverse working background in management and marketing. She is a member of Australian Psychological Society and principal of a training and development consultancy based in Canberra. She specialises in positive psychology and coaching individuals and groups in the art of emotional and social intelligence.

Investment includes online psychometric assessment including Resources Report, analysis and feedback.

Optional

One hour follow up six weeks later to monitor progress AND application of skills. The fee for this would be \$200

SCHEDULE

9:00am	Welcome
9.15am	<p>THE WORLD OF EMOTIONAL INTELLIGENCE</p> <ul style="list-style-type: none"> • The Four Skills Of Emotional Intelligence • Emotions and Reasoning At Work • An Emotional Blueprint
10.30 am	Morning Tea
10.45 am	<p>UNDERSTAND YOUR EMOTIONAL SKILLS</p> <ul style="list-style-type: none"> • MSCEIT: An Abilities Based Measure Of Emotional Intelligence • Personal Reports And Feedback: • Four Key Areas: Perceiving, Using, Understanding And Managing Emotions
12.30 pm	Lunch
1.30pm	<p>DEVELOP YOUR EMOTIONAL SKILLS</p> <ul style="list-style-type: none"> • Read People Correctly : Improving Your Ability To Identify Emotions • Get In The Right Mood: Improving Your Ability To Use Emotions • Do It With Smart Feelings: Improving Your Ability To Manage Emotions.
3.00 pm	Afternoon Tea
3.15 pm	<p>APPLY YOUR LEADERSHIP SKILLS</p> <ul style="list-style-type: none"> • Executive Coaching; group needs • Giving and receiving feedback • Six principles for motivating people • Team building skills
4.30pm	Review Action Plans & Next Steps
4.45pm	EVALUATION
5.00pm	CLOSE

Enrolment Form – The Emotionally Savvy Lawyer

Send this form to Acorn: Fax (02) 6217 7001 or e-mail to
 courses@acorntraining.com.au
 ABN 34073999185

Venue: Acorn Training Centre, 74 Townshend St, Phillip, ACT

Course date:

Time: 9.00 a.m. to 4.45 p.m.

Person 1	_____	e-mail	_____	date	_____
Person 2	_____	e-mail	_____	date	_____
Person 3	_____	e-mail	_____	date	_____
Person 4	_____	e-mail	_____	date	_____
Person 5	_____	e-mail	_____	date	_____
Person 6	_____	e-mail	_____	date	_____

Organisation _____ Branch/Division _____

Address _____

Phone No _____ Fax No _____

Payment Details

Workshop plus report price \$850 x _____ attendees = \$_____ \$820 early bird price (early bird applies up to three weeks before the date of the workshop)

Optional post workshop feedback visit - \$200 Yes No

1. Credit Card (Amex, Diners, Visa, MasterCard)

Name _____ Card No _____

Expiry date _____

2. Invoice

Signed off by _____ Name _____

Email invoice to: _____

Terms: Payment is due on or before the day of the course. Cancellation is accepted more than seven days prior to the course date otherwise another person may be substituted. You have purchased a place on the date shown above; changing your booking to a later day may incur an administrative fee. We suggest you send a substitute if you can't come at the last minute.

If you do not wish to receive these workshop notifications please place remove in the subject line of a return e-mail.

Acorn Training and Consulting
 74 Townshend St, Phillip ACT 2606
 Ph: 02 6217 7000 Fax: 02 6217 7001
www@acorntraining.com.au