



REAL EMOTIONAL INTELLIGENCE

the missing key to peak performance

BE IN CHARGE OF YOUR EMOTIONS

do you know what's going on below the surface?

IF YOU OR YOUR PEOPLE DON'T OPERATE WITH COMPLETE AWARENESS THEN YOU AREN'T IN CHARGE OF YOUR RESULTS.

It's time to move beyond old emotional intelligence approaches like naming and acknowledging emotions. It's time to grasp and leverage the sheer power emotions have in generating results, both good and bad, in all areas of life.

If it were as easy as simply "thinking" about success then everyone would have it. Thinking is the domain of the conscious mind. Research shows that you are only really using your conscious mind about 5% of the time. This means that you spend about 95% of your time running on automatic habitual programs that are stored at the unconscious level. This includes all of your emotional responses because emotions are the domain of the unconscious mind. These automatic responses can sabotage even the clearest goals and intentions.

Real emotional intelligence is the missing clue to success. If you want to develop real leadership skills and breakthrough results then you must learn to master and modify your emotions and the emotional responses of others.

Consider that the unconscious processes that produce fear, doubt, worry and anxiety actually wreak havoc on the results you actually achieve. Likewise, there is great power in positive emotions. Understanding these unconscious processes and how to master them is the secret to achieving any goal you want. These are the leadership skills of the 21st century. You must learn how to unlock the power of your whole mind. This is real emotional intelligence.

"Wish I had taken this program sooner; it has changed my life! Seeing the world from this perspective creates a new level of personal control and effectiveness."

-Darla Campbell, President Amonavi Consulting, Toronto, Canada

HIGHLIGHTS

The neuroscience behind emotions and how they are stored at the unconscious level and what triggers them.

Cutting-edge research about the power of emotions and how they directly impact the results you get.

Discover the emotional guidance system and learn how to use it to navigate directly to your goal.

Learn a powerful technique that will allow you to let go of anxiety.

How to determine negative emotions in others and what to do.

Understand the impact of stress and how it triggers negative emotions and how to shift out of the stress response.

Learn about amazing heart-centered research being used by business leaders worldwide.

Learn the difference between towards and away-from focus and how to change focus instantly.

Techniques and tips for self-control so that you remain powerful in your choices for you and others.





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ABOUT THE GREATNESS GROUP

The Greatness Group engineers individual and team-based programs to boost your performance quickly and permanently. Our process is simple and tangible – we look at whatever problem is holding you back and solve it. In a way that you can measure. We reveal the greatness in all your people – no matter your industry, size-of-business or issue holding you back. We are your partners in peak performance.

The Greatness Group is committed to delivering results in our programs and consulting. All of our programs are experiential in nature and engage all three learning modalities: visual, auditory and kinesthetic. We also employ accelerated learning techniques to maximize the efficiency of the learning process. We specialize in the ability to be able to translate the learnings back to the workplace so they can be applied immediately. Finally, and most importantly, our programs have a very high energy level with stimulating activities, games, simulations and exercises. The programs are fun and engaging. And let's face it; it's much easier to learn when you're having fun!



ABOUT GINA – Certified Master Trainer of NLP, Hypnosis, Time Line Therapy® and Coaching

Gina Mollicone-Long helps people get out of their own way so they can get what they want. She is an international best-selling author, compelling speaker and performance expert with a personal mission to reveal greatness in individuals, teams and organizations. She is the co-founder of The Greatness Group, a multi-national corporate team building and training company. Since 1998, she has trained, coached or spoken to tens of thousands of people globally. Her books, *Think or Sink* and *The Secret of Successful Failing* are widely read and enjoyed by people around the globe. An avid world traveler, Gina's experience with diverse cultural perspectives gives her programs universal relevance that helps her connect with audiences everywhere. Visit www.GinaMollicone.com for more information.

“Extremely powerful and practical! Whether you want to improve and expand your skills or just stretch your comfort zone. The course was amazing!”

-Chuck Scott, Senior Managing Director, Cushman & Wakefield, Montreal

“Everyone has positive and negative emotions, and I am no exception. However I had no idea how unconsciously holding a negative emotion in connection with a past event could prevent me from being effective in the present. I was able to quickly and easily release my negative emotions and now my life seems so much easier! Thank you, thank you, thank you!”

-Fabiana Bacchini, Founder, Big Tiny Hearts, Toronto, Canada

“This is the most thought-provoking, mind-stimulating course that I have ever attended. Gina is a truly amazing person and inspiring leader.”

-Marcus Sellen, Founder and CEO, Selmar Education, Melbourne, Australia

THE DETAILS

**Room Setup: Theatre style
or Classroom style**

**AV Needs: Headset microphone,
projector, audio hook-up and
flipchart with markers**

**CALL US TO GET A QUOTE
FOR YOUR GROUP:**

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