



International School
of Communication

<https://www.isoc.com/emotional-agility>

Working with Emotional Agility

Face to Face	ISOC London or Dubai (two full days) \$1390 +VAT
Live Online	ISOC Studio via Zoom (two half days) \$695
Contact	training@isoc.com
Dates	isoc.com

**SHORT COURSES
FOR PROFESSIONALS**

Working with Emotional Agility



Course overview

This one-day course covers the emotional tools for effective teamwork and team management. You will learn how to handle your emotions effectively, increase your resilience, and improve your performance. Topics include emotional agility development, dealing with stressful situations, and cultivating trust and transparency.

NOTE: this course is a crossover between the worlds of professional “soft skills” and therapeutic self-development. It has a less “corporate” flavour than most ISOC courses, because managing emotions requires inner work (feeling) as well as practical tools (thinking).

Dates and booking:

<https://www.isoc.com/emotional-agility>

LEARNING OUTCOMES

After this course, you will be able to:

- Incorporate Emotional Agility tools and techniques into your daily work
- Handle conflict and complex situations more efficiently
- Communicate more clearly with subordinates and managers
- Improve your working relationship with colleagues
- Develop successful and resilient teams
- Create a coaching and mentoring culture at your workplace

Who should attend?

This is a universal-level course designed for learners in mid- to senior-level roles, aspiring to successfully manage their teams. Learning is delivered at a level to help you understand, practice, and implement the presented tools and techniques.

This course is recommended for mid-level managers and directors who need to start building their teams or managing their teams more efficiently; and professionals aspiring to advance in their career into a managerial role.

Course agenda



Understanding Emotional Agility

This module covers the fundamental principles of the emotional agility philosophy.

- Defining Emotional Agility: foundation and key applications
- Differentiating between Emotional Agility vs. Emotional Intelligence
- Analysing rigidity vs agility
- Identifying and demystifying “hooks”

Developing an emotionally agile mindset

This module covers research-based approaches to develop an emotional agility practice.

- Mapping and navigating your personal mind-body connection
- Facing and addressing thoughts, emotions and behaviours
- Practicing detached observation
- Moving on: introducing habit-tweaking techniques

Becoming an emotionally agile leader

- This module covers how to develop an emotionally agile leadership style.
- Identifying essential leadership skills and qualities
- How leaders harness inner sensations and inner voices
- Leadership through perception (mind) and sensation (body)
- The subtle power of holding space

Cultivating emotional agility in your workplace

This module covers effective tools for building emotionally agile teams.

- Developing a healthy and thriving workplace environment
- Increasing self-awareness, self-management, and an understanding of interpersonal dynamics
- Cultivating compassion and resilience as part of a team-centered culture
- The role of emotional agility in conflict resolution



Training at ISOC



About ISOC

The International School of Communication is a private institution of higher learning.

We run training centres in London and Dubai and also train in-house for clients in more than 75 countries.

ISOC has been delivering specialist courses on communication for more than 15 years. We work for public and private organisations of all sizes, including blue-chip companies and national governments.

We are inspected and accredited by two UK government-regulated training authorities: Pearson Edexcel and the British Accreditation Council (BAC).

WHAT TO EXPECT

Learning at ISOC is fun, stimulating and effective

- Classes are based on interactive learning not lectures
- Training is built on real-world skills, not abstract theory
- Courses are short and intensive, designed for busy professionals
- Content is updated to continually to reflect innovations in best practice
- ISOC Accredited Trainer Programme faculty are top industry professionals, not academics

**ISOC courses are fun, stimulating,
interesting, and designed around
practical skills that you can put to
work straight away**



International School of Communication

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