

Orenda means the power in people to create change in themselves and the world

EMOTIONAL INTELLIGENCE

Working at ease with yourself and others. Training and Team Development to support individuals and teams with personal and interpersonal awareness and development.

A two-day workshop that explores

What Emotional Intelligence is & its impact on individual, leadership, team & organisational performance.

How our inner mental world impacts on our feelings, behaviour and relationships with others.

How thinking patterns evolve into habitual patterns of interaction with our self and others.

Coming to consciousness about our own emotional and social intelligence and its impact.

Understanding the immense capacity of the brain to develop new ways of thinking, behaving and interacting once it understands itself.

How to use knowledge of our personal & collective emotional make up to drive realistic personal and team development.



This workshop draws on

Research & theory on emotional and social intelligence

15 years of delivery experience and learning through training, coaching and organisational development inside human service organisations

Significant investment in & selection from approaches that include neuro- leadership, executive coaching, mindfulness, CBT, the work of Byron Katie and other eminent international practitioners in self awareness and personal development

Feedback from people & organisations we've worked with

Judith North



Judith has over 30 years of international experience and expertise in challenging her own thinking and coaching others to do the same, using their thoughts to be the people they aspire to be and overcome self-created barriers to maximum performance. Judith works with people who are neuro-diverse, have significant reputations and whom organisations describe as challenging.

Feedback from previous participants on what they learnt

"Understanding there are things I can do/will always be continuing to do in order to better understand my EI"

"Learning different parts of my brain"

Instead of immediately reacting to someone in my face, with practice I can stop"

"It showed me ways to take back control"

"Take things more slowly, stop second guessing myself. Live with my decisions more confidently"

"Not to take criticism and comments personally to feel valued"

"A keener awareness of the way in which everybody has a monkey"

"How to think before I speak"

**We are running a free 2 hour taster via Skype on
Monday 8th January 2018 10am - 12pm**

**Please book your place
at <https://v1.bookwhen.com/orenda>**

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