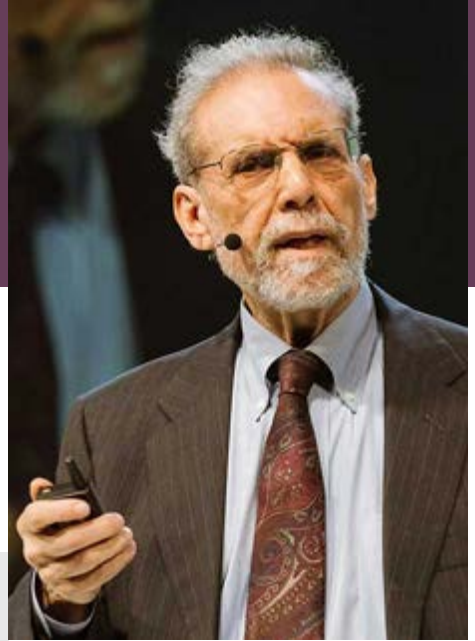




ON DEMAND

**WOB PRESENTS THE EXCLUSIVE
MASTERCLASS ON
EMOTIONAL
INTELLIGENCE with
DANIEL
GOLEMAN**

RENOWNED PSYCHOLOGIST
AND LEADING AUTHORITY
ON EMOTIONAL
INTELLIGENCE



**IN THIS MASTERCLASS
YOU WILL LEARN:**

- Adapt to managing stress in the post-pandemic world
- Learn to face new daily adversities
- Develop Emotional Intelligence at every level of your organization
- Dynamize teams by leveraging Emotional Intelligence
- Manage personal branding



ABOUT

DANIEL GOLEMAN

Renowned psychologist and leading authority on emotional intelligence

The world's indisputable authority on emotional intelligence, **Goleman's** contributions to the field of psychology have had a transformational impact on the world of business and beyond. He has been named by the Wall Street Journal and the Financial Times as one of their most influential business thinkers and is the author of numerous bestselling books including *Emotional Intelligence* and *Focus*.

The Harvard Business Review called emotional intelligence “a revolutionary, paradigm-shattering idea” and chose his article “What Makes a Leader” as one of ten “must-read” articles from its pages. **Goleman** has received many journalistic awards for his writing, including two nominations for the Pulitzer Prize. His 2014 bestseller, *Focus: The Hidden Driver of Excellence*, argues that leadership that gets results demands a triple focus: on our ourselves; on others, for our relationships; and on the outer forces that shape organizations and society.



Interpersonal intelligence is the ability to understand others: what motivates them most, how they work and how best to cooperate with them.

Daniel Goleman



MASTERCLASS SESSIONS

SESSION 1

45 min

YOU AT YOUR BEST

- Optimizing your talents
- Maximal Cognitive Efficiency
- Peak performance, flow and near-flow
- Neural Harmony
- The Stages of Creativity
- The emotional Intelligence premium

SESSION 2

45 min

HOW TO BEAT STRESS

- Surviving in a stressful world
- Why EI is more important than ever
- Your brain on stress
- Emotional hijacks and how to stay calm and clear
- Keeping your eye on your goals
- The secret of adaptability
- Staying focused amidst distractions

4
SESSIONS

3
HOURS

DIGITAL
MASTERCLASS



MASTERCLASS SESSIONS

SESSION 3

45 min

THE POWER OF PURPOSE

- Purpose and engagement
- Low engagement loses talent
- The right and wrong drivers of performance
- Finding Your Purpose
- Generational Trauma and purpose
- The waning of Brand Me
- The Purpose-Driven Organization

SESSION 4

45 min

US AT OUR BEST

- Why Empathy matters
- Strategy takes people
- Top Teams
- Leveraging emotional intelligence to energize teams
- Belonging, diversity and inclusion
- Developing an emotionally intelligent organization

4
SESSIONS

3
HOURS

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BENEFITS

- **Full Access:** Access to the On Demand content for 30 days
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