



Because there's never been a more important time to invest in your people

WELLBEING
RESILIENCE
AND
EMOTIONAL INTELLIGENCE
AT WORK



Coaching sessions for managers investing in their people and building staff resilience

Prices for a half-day coaching session start at £300

**THIRD
SPACE
BOLTON**

WELLBEING RESILIENCE AND EMOTIONAL INTELLIGENCE AT WORK

“Your people are your greatest asset.”

That’s why relationships at work are so important and why you can never invest enough in your people. However, experts widely acknowledge the challenges we face in managing people well.

50% of employees leave their boss rather than their job. - Gallup

75% of companies struggle with overwhelmed employees. - Deloitte

Stress and mental health in the UK alone causes a loss in productivity estimated to cost employers £33 – 42 billion. - Deloitte

A disruptive period of workplace changes lies ahead due to acceleration of automation, digitization and other post-pandemic trends. – McKinsey’s survey of 800 executives

69% of managers are uncomfortable communicating with their employees. - Harvard Business Review

Behavioural psychologists like Dr Daniel Goleman tell us that teaching people to tune in to their emotions with intelligence and to expand their circles of caring, we can transform organizations from the inside out and make a positive difference in our world.

*Listen here by
scanning the QR code*



WELLBEING RESILIENCE AND EMOTIONAL INTELLIGENCE AT WORK

EQ is proven to be a better predictor of success than IQ and it can be taught. Research repeatedly shows that improving EQ of your people pays back in terms of employee engagement, teamwork, customer satisfaction, reduced absenteeism and improved staff retention.

Third Space offers training on Wellbeing, Resilience And Emotional Intelligence At Work that covers the four domains of EQ:

- 1) **Self-awareness**, knowing what we're feeling and why we're feeling it, which is a basis of good intuition, good decision-making and is also a moral compass.
- 2) **Self-management**, handling your distressing and debilitating emotions in effective ways so that they don't cripple you and don't get in the way of what you're doing. Every emotion has a function and so self-management involves marshalling positive emotions, getting ourselves, involved, enthused about what we're doing and aligning our actions with our passions.
- 3) **Empathy**, knowing what someone else is feeling and cultivating an attitude of connection and concern.
- 4) Putting that altogether in skilled **relationships**.

Emotional Intelligence (EQ) refers to how well we handle ourselves and our relationships with the decision making that takes place in the brain in the moment between emotional stimulus and response.

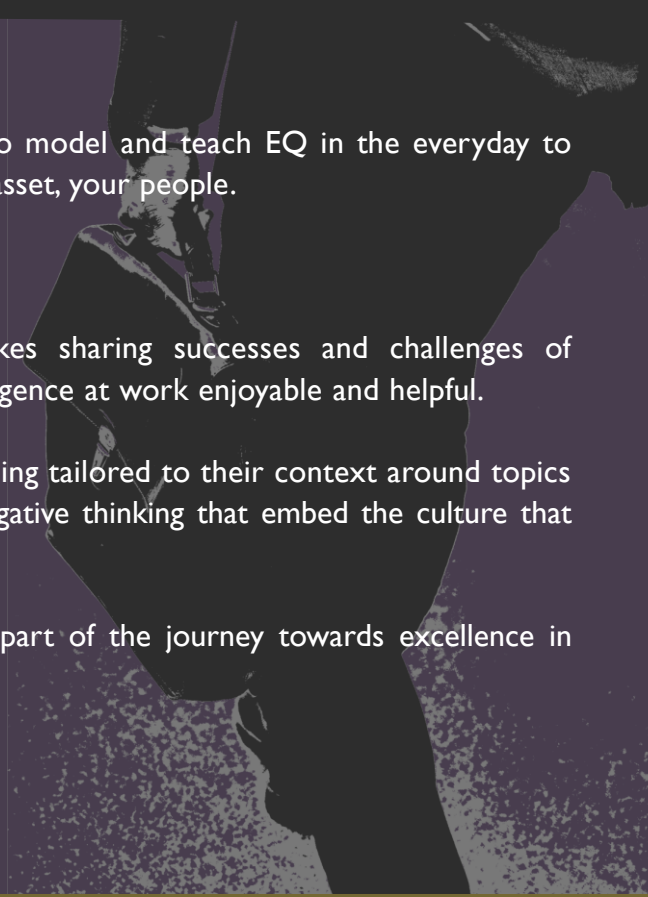
WELLBEING RESILIENCE AND EMOTIONAL INTELLIGENCE AT WORK

*Coaching sessions for managers investing
in their people and building staff resilience*

Our goal is to envision and equip Line Managers to model and teach EQ in the everyday to their staff to maximise your organisation's greatest asset, your people.

We do this offering a three step process;

- Creating a climate for Line Managers that makes sharing successes and challenges of supporting wellbeing, resilience and emotional intelligence at work enjoyable and helpful.
- Enabling Line Managers to harness up-to-date learning tailored to their context around topics such as emotional health, life balance, stress and negative thinking that embed the culture that people matter.
- Reviewing and reflecting on plans and practice as part of the journey towards excellence in managing people in changing times.



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Quotations for customised programmes available on request

WELLBEING RESILIENCE AND EMOTIONAL INTELLIGENCE AT WORK

MEET THE TRAINERS

Mark Cowling started work in R&D for Pfizer before moving into International Marketing and General Management in the global medical device business. Over the last ten years, Mark has moved into the Third Sector as senior leader of an Anglican Parish and CEO of Third Space Wellbeing charity which serves high schools, the community and the corporate world.

Tony Vino started work in Law before moving into the entertainment industry where he runs a successful Comedy Agency working with some of Britain's most well known entertainers. Tony is an outstanding communicator, writer, podcaster and expert on the psychology of relationships. He has wide ranging experience working with the public, the corporate sector, through to prison chaplaincy and working with the homeless.

Get in touch to find out more or to arrange a ZOOM meeting to meet Mark and Tony and find out how they can support your people and your organisation.

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