

2022

OUR BEST SERVICES



Emotional Intelligence (EI): What it is and why it's important



What is EI?

Emotional intelligence is a set of social and emotional skills that determine how we :

- perceive ourselves;
- express ourselves;
- develop and maintain social relationships;
- deal with problems and make decisions; and
- adapt to and manage stressful situations.

Why is EI important?

Emotional intelligence is important :

- It helps leaders to be more optimistic and resilient in the face of challenges and changes.
- It enables leaders to foster trust and well-being in their teams.
- It enables them to lead diverse teams with empathy and flexibility.



« Research by the Center for Creative Leadership has found that the leading causes of executive derailment are related to deficits in emotional competencies. »

Did you know that EI can be developed?

We can help you do that.

« Now more than ever, success in the workplace will require a mix of technical skills and social and emotional skills. »

- The Conference Board du Canada
via the Center of Future Skills, 2020.

Theme-based Courses

Take advantage of our **theme-based courses** to develop your own social and emotional skills as well as those of your employees in order to better cope with change, to communicate and influence positively and to be more resilient.

Professional EI Coaching

Want to go further? Invest in yourself and your leaders with **Emotional Intelligence Coaching**. Work with trained and certified ICF Professional Coaches.



Certification

Develop your internal capacity by training your resources in the use of scientifically validated **psychometric tools**: the EQ-i 2.0® and EQ 360®, the Change Style Indicator (CSI®) and the Influence Style Indicator (ISI™).



www.alievo.com | alievo@alievo.com | +1 819.209.9314



ALIEVO™ is a woman-owned business and holds **WEConnect International** and **WBE Canada** accreditations.

ALIEVO™ is proud to be a qualified Canadian supplier under the Government of Canada's **ProServices Supply Arrangement** (SA).

