



# Building Emotional Agility

The meaning of agility is the ability to think quickly and clearly. An individual or an organization is “agile” when they’re able to quickly adapt or evolve in response to changing circumstances. Being able to break down barriers in the workplace to meet changing business needs, advancements, or technologies is essential for agility at work.

Now when you relate the same with a workplace, the importance of the word “Emotional Agility” becomes much more straightforward. Emotional agility requires one to be in tune with their own emotions, but it doesn’t emphasize suppressing or controlling them. Becoming more emotionally agile will make you a better leader—while remaining emotionally rigid can compromise your ability to lead effectively and make the best decisions for your team.



## TRAINING OBJECTIVES

- Balancing emotional intelligence and emotional agility
- Developing receptiveness to being open to new ideas and shifting perspectives for change
- Learn how to redirect disruptive impulses and moods to be calm and diplomatic in challenging situations
- To understand how to hold a frequent retrospective view
- Learn from your failures and understand the value of effort



## OUR MAIN TOPICS

- Introduction to Emotional Agility
- Understanding Self-Esteem and EI
- EI Competencies
- Characteristics of an Agile Leader
- Intersectional Innovation VS Directional Innovation
- Assumption Reversal - Overcoming Associative Barrier
- Mental Resiliency Techniques

**DURATION: 2 DAYS**

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