



Ei World

The Personal Ei Programme

'A life changing programme, the most thorough course ever followed'

'I feel motivated, committed and 'willing' to fully participate in the achievement of my goals. I have met a wonderful bunch of people who will support me.'

Anita White - Ministry of Defence.

'A very intense realisation of my own emotional intelligence' Anne Lesage – Janssen Research Foundation

Overview

The Personal Ei Programme is a unique and exceptionally powerful personal development programme. Our experience with this programme suggests it will make an immediate difference and contribution to your life at work and at home.

The Personal Ei Programme helps people understand and then increase their own levels of Emotional Intelligence.

Through a variety of carefully designed exercises and sensitively facilitated discussions, participants are able to make **real and noticeable progress** in those aspects of their Ei which will most help them be successful at work or at home.

This programme is for a maximum of twelve participants supported by at least two facilitators. This level of **personal support** creates the space for everyone to undertake an honest personal review of themselves, while maintaining a high level of group learning. The programme is in two parts; Module One is an initial two-day workshop and Module Two is a three-day workshop, approximately eight weeks later.

The style of the programme is fun and highly participative, with extensive use of individual and group activities which move the theoretical concepts of Emotional Intelligence into **possibilities for personal and practical application**. We do this, because it is not what you know or what you do that makes you successful in life, it is **who you are BEING with others**.

This is a powerful personal development programme with **measurable results**.

Duration

5-day workshop in two modules, 8 weeks apart, plus Personal Ei Assessment, two weeks before first module and repeated at the end of the programme. Alternative formats are used to provide in-company versions geared to the needs of a specific team or function.

"It's amazing how many cares disappear when you decide not to be something, but to be someone."

Coco Chanel

Pre-Programme

Before the programme you are required to complete a self-assessment questionnaire. The questionnaires are sent to Ei World Limited before the first module for data preparation and they provide the basis for your Personal Ei Assessment.

Module One (Two days)

All five elements of Reuven Bar-On's Emotional Intelligence Framework (Interpersonal factors, Intrapersonal factors, Stress Management, Adaptability and General Mood & Motivation) are examined during the programme. We also look at two other models of Emotional Intelligence (Daniel Goleman & Mayer, Salovey, Caruso).

The first module introduces you to the concept of Emotional Intelligence (Ei) and the five elements of the framework.

Day 1

Focuses on 'Self Awareness'. Through a range of activities and exercises, participants will have an opportunity to take an accurate look at themselves and start to consider how others see them. We examine the 'costs' and 'benefits' of *how* we are together with a process for taking greater control of how we are with ourselves and others.

Day 2

Continuation with 'Self Awareness' theme, and focuses particularly on the concepts of **self respect, self esteem** and **'emotional awareness'** - how our emotions shape us - and the effect they have on those around us. We also create the opportunity for participants to review the changes they can make in the life they are currently living in order to create their own version of 'a life well lived'.

The module concludes by putting in place a process for continuous learning between the first and second modules.

© Ei World Limited, 2004. All rights reserved. Personal Ei Programme.

Ei World Limited, 4 Doolittle Mill, Ampthill, Bedfordshire, MK45 2ND, England (UK)

Tel: 44 (0) 1525-840090, Fax: 44 (0) 1525-840092, E-mail: info@eiworld.org Website: www.eiworld.org



You are asked to commit to taking specific actions before the next module and take the opportunity to develop your Self-awareness in a practical and productive way.

The style of facilitation is both great fun and highly supportive. Throughout the module, participants are encouraged to give each other honest feedback - both motivational and developmental to further the development of self awareness

Module Two (Three days)

The second workshop takes place around eight weeks later and lasts three days. This gives time for participants to apply some of the concepts of Ei in their own lives and start to put to effective use their heightened level of self awareness. Similar in style to the first workshop, it involves a number of practical exercises to turn theory into practice, both at an individual level and in group work.

After a personal review of what has taken place since the first module, we move on to examine other components of Ei.

We examine 'Interpersonal factors', 'Stress Management' and 'Adaptability', revisiting personal emotions particularly when one is faced with personal change or challenges. Coping strategies will also be reviewed as participants deal with a number of real life dilemmas and are encouraged to practice 'Stress Management'.

'General Mood & Motivation' is discussed together with an examination of just how much personal power each of us has.

At the conclusion of the second module, a comprehensive support network is introduced to enable all participants who have attended the Personal Ei Programme to maintain contact with each other and to share experiences with each other.

Ei World Limited expects to be an active contributor to these discussions.

Our promise to participants

In return for your investment, Ei World Limited is committed to providing all of the following:

- An arena for dramatic personal change if participants are prepared to accept the challenge of transformation
- A programme which can impact participants in all areas of their life
- A noticeable increase in participants' emotional intelligence
- A stimulating and rewarding experience
- A group no larger than 12.
- Reference materials on Ei for supplementary reading.

- Access to our library in which we have collected together various books on Ei for you to consult or purchase through our web-site (www.eiuk.com).
- A personal notebook of supporting materials.
- Refreshments each day and lunch of 'international cuisine' (any special dietary needs can be catered for, with advance notice).
- A Personal Ei Assessment before and after completion of the programme.
- A confidential, safe learning environment in which you can share your personal experiences.
- High quality facilitation of your event in line with best practice.
- Respect and inclusion at all times.
- A unique rural environment for this non-residential workshop.

What we ask of participants

So that we can gain the most from our work together, we ask for your commitment to:

- Set yourself a specific goal which you are committed to achieving.
- Be there for the programme from start to finish each day at the agreed times.
- Protect confidentiality of other participants.
- Choose to be there.

Facilitator

Geetu Bharwaney (formerly Orme)



Geetu is Founder & Managing Director of Ei World Limited. She has many years experience of training and she is a UK pioneer in the field of Emotional Intelligence. She wrote the book 'Emotionally Intelligent Living'. Her interest lies in people being more effective.

© Ei World Limited, 2004. All rights reserved. Personal Ei Programme.

Ei World Limited, 4 Doolittle Mill, Ampthill, Bedfordshire, MK45 2ND, England (UK)

Tel: 44 (0) 1525-840090, Fax: 44 (0) 1525-840092, E-mail: info@eiworld.org Website: www.eiworld.org



Venue



4 Doolittle Mill, Ampthill, Bedfordshire MK45.
We are located near Junctions 12 and 13 of the M1 approximately 40 miles to the north of North London. The nearest train station is Flitwick (out of London Kings Cross Thameslink) and the nearest airport is Luton Airport. Heathrow and Gatwick are approximately one to one and a half hours away.
Alternatively, this programme can run in your own training site or a venue to suit you.

Fees and payment

Please enquire.

Logistics – hotel and travel

(for Doolittle Mill)

BY CAR

Nearest Motorway is Junction 12 or 13 of the M1.

BY TRAIN

The nearest train station is Flitwick (45 minutes from Kings Cross Thameslink).

BY AIR

Nearest airports are Luton, Heathrow, Gatwick. If you enjoy travelling from airports by train, then fly to Gatwick then there is a direct train from Gatwick to the local station called 'Flitwick' - takes an hour. Or, if you prefer to travel by car, then fly to Heathrow and we can arrange for a taxi to pick you up.

Luton is by far the closest airport but not all transatlantic routes fly there.

OVERNIGHT ACCOMMODATION

We have an arrangement with Flitwick Manor (part of the Menzies Hotel group) where we encourage participants to stay - it is a 5-minute drive from our training centre. This small, great hotel provides a perfect restful backdrop to the intensity of the learning!

You can contact them to make a reservation using the details below. Make sure you quote 'Ei World' to get the reduced rate. We have a block of rooms reserved for our clients but you will have to clear your account directly with them. A list of other hotels is available on request if you are not able to book into Flitwick Manor.

Their contact details are:

Menzies Flitwick Manor, Church Road,
Flitwick, Bedfordshire MK45 1AE

Tel: +44-(0)1525-712242

Fax: +44-(0)1525-718753

Email: James.Parker@menzies-hotels.co.uk

www.menzies-hotels.co.uk