CWO SOLUTIONS - Coaching With Omozua

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"You can't improve what you can't measure"

Emotional intelligence (EI) is one of the most desired skill sets required to be successful, employable & competitive in a **v**olatile, **u**ncertain, **c**omplex & **a**mbiguous (VUCA) world. EI has been proven to be one of the primary skill sets to improve performance. The **12 Emotional Intelligence Competencies Profile™ & NAP™ Advanced+** assessments are the starting point to embark on this EI development journey. It measures 12 emotional intelligence skills and the neuro-agility necessary to optimize performance, develop talent & improve wellness.

WHAT IS THE HIGH ACHIEVER TRAINING ABOUT?

The **High Achiever** is a cutting edge, performance improvement program with a difference. It follows a neuroscience approach to developing emotional intelligence. Although the traditional EI framework is followed, the modules and content have been grounded in neuroscience and modified to align with the most desired skills needed for agile people to thrive in a VUCA world. The purpose of the program is to empower people with intrapersonal and interpersonal competencies to improve their performance, create team effectiveness and develop emotionally intelligent leaders.

The **High Achiever Emotional Intelligence Program** is a self-paced, online course, applicable to workers, managers, leaders and anyone who wants to improve their performance and be happy, effective and successful, while maintaining healthy relationships with others.

WHY EI TRAINING?

- Learn the most desired skills to thrive in a VUCA world
- Improve employability, success & competitiveness
- Increase brain fitness
- Optimize performance
- Discover your unique neuro-design
- Optimize agile thinking
- Talent development
- Reduce risk for human error
- Improve mental flexibility & wellness
- Effective interpersonal communication & conflict resolution
- Improve empathy & social cohesion
- Develop high performing, agile teams
- Leadership agility

PROGRAM THEMES

The High Achiever Program consists of:

- A Neuro-Agility Profile & EI 360 assessment
- Emotional Intelligence for neuro agile people
- Purpose
- Mental agility
- Change agility, stress & wellness
- Social awareness & empathy
- Coping skills
- Interpersonal communication & conflict resolution
- Team agility & social cohesion
- Leadership agility

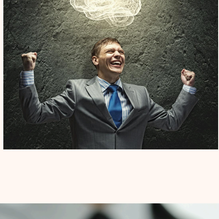
FEATURES

- 12 Emotional Intelligence Competencies Profile™ questionnaire – 60 questions (takes about 15-20 minutes)
- NAP™ Brain Profile questionnaire-180 easy questions (takes about 45-60 minutes)
- EI & NAP Brain Profile reports with automized debriefing videos
- Post-evaluation of the NAP™ and the EI 360 assessments
- 30 videos – 13 hours duration time
- Total duration of the course: maximum 15 hours
- 9 manuals
- Infographics

OUTCOMES

After implementation of the skills you learnt, you will be able to:

- Understand your potential (design) more clearly
- Improve your brain's performance
- Clarify purpose
- Improve your overall happiness
- Increase your mental well-being
- Enhance your mental flexibility
- Strengthen your social skills
- Increase social awareness
- Manage yourself, your thoughts & emotions more effectively
- Maintain better brain health
- Increase your leadership impact
- Optimize your thinking agility
- Communicate more effectively
- Resolve conflict constructively
- Be more empathic
- Enhance service orientation
- Function more effectively in a team
- Cope with change, stress & fatigue
- Reduce your risk for human error
- Establish stronger social bonds with others



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https://omozua.com/free-brain-agility-quiz/

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