The Emotional Assertiveness Model;

Applied Emotional Intelligence



Emotional Assertiveness Core Seminar Training

WELCOME

Welcome to TEAM Emotion, the home of the Emotional Assertiveness Model, a unique application of Emotional Intelligence.

This program is designed to build both knowledge and skills in Emotional Assertiveness. The training focuses upon understanding human behaviour in the context of self and others and in addition to experience its application, as opposed to just gaining a 'head knowledge' of the topic. You will takeaway new insights and skills, for immediate application in all aspects of your life. This seminar provides participants with the necessary skills:

To acquire a sound knowledge of the Emotional Assertiveness Model

To improve our ability to listen to our emotions, understand them, and anticipate their impact on our health and wellbeing

To understand why our experience of emotions has an impact on how we manage our relationships

To deal with our emotions in a healthy and authentic way

To improve our ability to build healthy, secure and meaningful bonds with others and improve our quality of life

To gain the four key qualities of emotional intelligence: Self-Awareness, Social-Awareness, Self-Management and Relationship-Management

Contact Details

07768 806576
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WELCOME

This seminar offers the means to empower the development of self-confidence in all fields of human interaction, in both personal and professional environments, couples and families, and anywhere where effective and healthy relationships with others are important.

Coaches and trainers joining the seminar will acquire a toolbox of practices, exercises and role plays for helping them transmit Emotional Assertiveness in practice and in their work. All attendees will have the opportunity to clarify and express their own emotions in a place of safety. You will be free to go as deep as you want, outside of a therapy session, with room to test out your discoveries.

This seminar will complement your personal skills in interpersonal communication, and conflict resolution and will open an additional and logical dimension for understanding the complex nature of human relationships. This seminar is based upon the original model developed by John Parr, that integrates research about Emotions and Emotional Intelligence with fresh inputs from other disciplines such as Transactional Analysis and Child Development. The seminar is designed to enhance our capacity to make the best.



JOHN PARR (MSc) Certifying Master Trainer
Emotional Assertiveness & PCM

John has worked for over 36 years as a management consultant for multinational organisations and specialises in designing tailor-made training solutions for his client companies. He is recognised for his work in Emotional Intelligence, Stress Management and Communication Skills. Applied Emotional Intelligence was the subject of his master's degree dissertation and he has developed this unique model for teaching Emotional Assertiveness (Applied Emotional Intelligence). John's key focus is on developing human relationships in the workplace, personal life, and for training children in the skills.

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Module One

Emotional Assertiveness Core Seminar

"In the long history of humankind (and animal kind, too) those who learned to collaborate and improvise most effectively have prevailed" - Charles Darwin

This **in-person 3 day module** will facilitate you identifying, differentiating, and understanding your emotions. It clarifies the difference between healthy authentic expressions of emotion and the destructive and harmful expression of cover-up emotions.

You will develop means to express your authentic emotions in healthy ways to facilitate your management of conflict and the development of deeper relationships.

During the seminar you will have time together with your colleagues to explore the application of emotional intelligence in practice.

- The place of emotions in human relationships
- The nature of emotions; why we have them
- Emotion and bodily sensations
- Differentiation between healthy and unhealthy expression of emotion
- Four dynamics: Self-awareness, Self-management, Interpersonal-awareness, Relationship-management
- Emotional cycles: healthy and unhealthy
- Anger
- Sadness
- Fear
- Joy
- Love
- Complex emotions
- Managing emotions
- Building relationships

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Fees & Registration

This Seminar is the first step towards certification as an Emotional Assertiveness Trainer or Coach. Attendance will be recognised as **Entry Level for Emotional Assertiveness Certified Professional** status. It is, however, a stand-alone program, suitable for anyone interested in the subject or wanting personal development.



Total 3 days of in-person training

Dates: Contact us to find out when the next course starts

Fees: £950 + vat

Early Bird Registration £825 + vat, terms and conditions apply

Fees include a copy of The Emotional Assertiveness Model book, Fore-play, Fair-play and Foul-play, trainer support materials, lunches and refreshments

Venue: Contact us to find out more. Courses are held worldwide

Note: Accommodation can always be arranged

Please book early to secure your space - numbers of places available on this course are limited

Contact John Parr directly to book using the details below

We look forward to seeing you there!

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