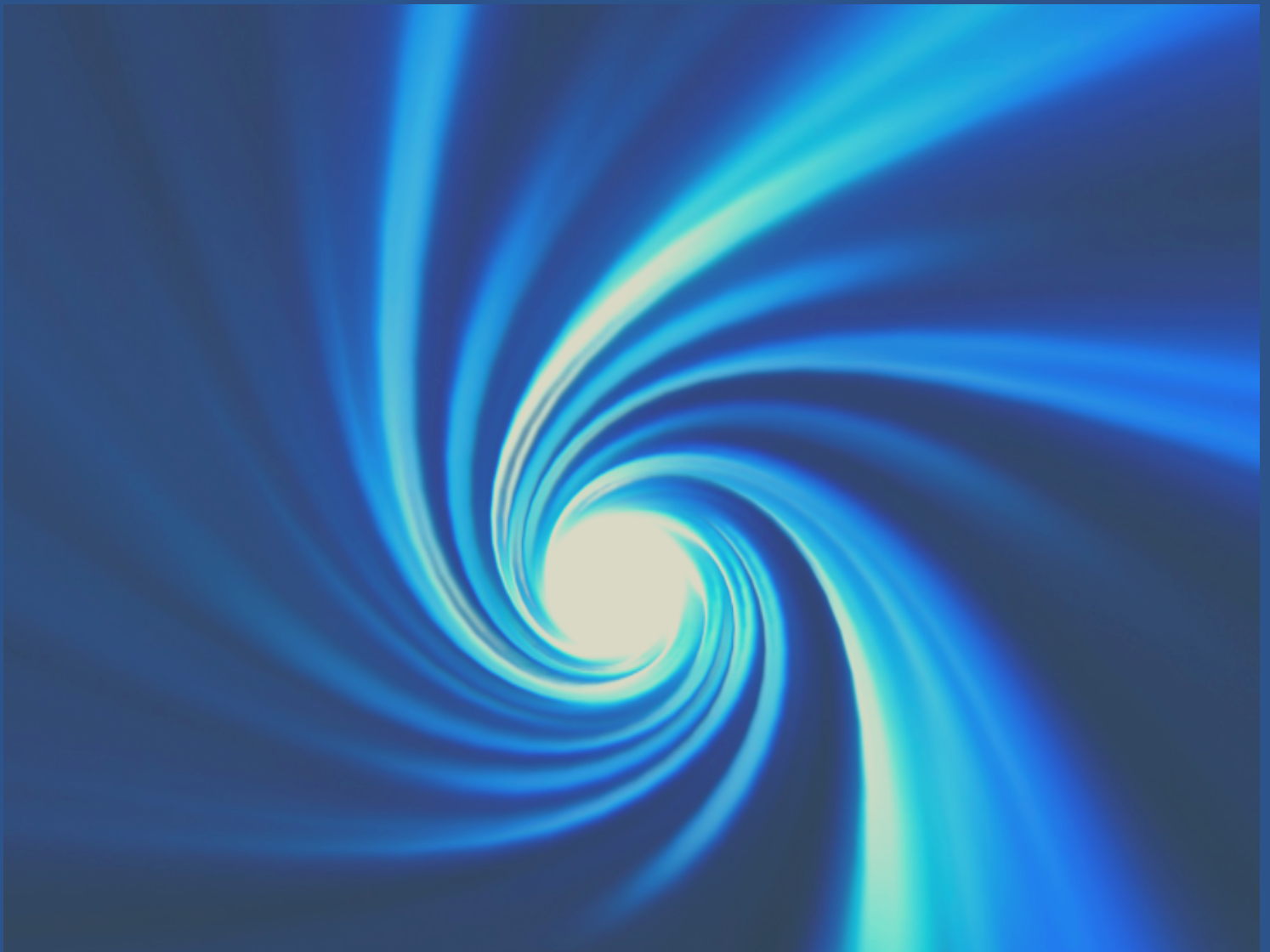


IMPROVING EMOTIONAL INTELLIGENCE IN THE WORKPLACE

LAURA MORRISSEY



Improving Emotional Intelligence in The workplace

Emotional Intelligence is recognised as being a useful skill in the workplace. It is taught in Leadership programmes but all too frequently there is no alignment between the learning and the real application of these skills.

There is a missing part to this puzzle but it is, arguably one of the most important parts. Without growth in Emotional Intelligence, the minute the brain is put under stress, all of the learning goes off line.

So what is missing & how can COACHING help?

How I can Help

I can COACH people to improve their Emotional Intelligence. My approach spans the Therapeutic & the Coaching worlds. It combines the best of both, for maximum impact.

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- Free 20 Minute chat to see if I can help
- Free: Emotional Intelligence Information
- 1:1 Coaching at £60 per session using a research informed approach that stops those triggers for good!

**Use the Contact form or email:
lauramorrisseycounselling@gmail.com**