

*the*

**Emotional**



**Protocol<sup>®</sup>**

*workshop*



“

This workshop was **amazing**; such a difficult subject (EI) was broken down into **bite size chunks** and effectively served for our consumption.

I am now more **aware of emotions** and their **effect in the workplace**.

I like the mynditude model.  
The **Emotional Footprint** was very interesting.

*Mahesh Rohra, AW Rostamani*



# Transforming the Relationship With our Emotions **from** **Impulsive to** **Collaborative**

## WORKSHOP OVERVIEW

High performance individuals are key contributors and leaders who are aware that impact and **result don't come only from their professional skills**, but **also from their "skills" in managing their emotions**, understanding how they affect others, and **skillfully navigating** through the organizational challenges, culture and structures.

mynditude's **Emotional Protocol**® workshop develops these **"skills"**, and the focus on the word **"skills"** comes from the belief that **it's not only a talent or an innate trait**.

As **Daniel Coleman**, the creator of the EI concept, says: **"the good news: it's never too late to develop emotional and social competencies."**

## FOCUS AREAS

The EI framework has **5 composites**, with 3 elements under each, to total 15 elements:

- 1. Self Perception:** Self Regard, Self Actualization, Self-Awareness
- 2. Self Expression:** Emotional Expression, Assertiveness, Independence
- 3. Interpersonal:** Interpersonal Relationships, Empathy, Social Responsibility
- 4. Decision Making:** Problem Solving, Reality Testing, Impulse Control
- 5. Stress Management:** Flexibility, Stress Tolerance, Optimism

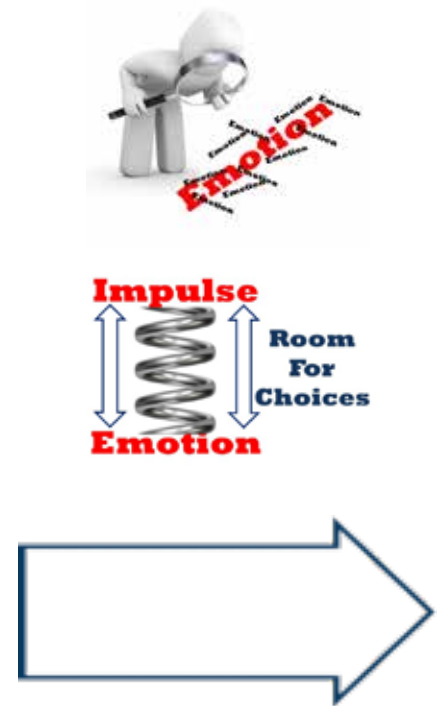
The participants will **get a score on their total EI score**, a score on the **5 main composites**, as well as a score **on each of the 15 elements**, with a **detailed narrative** of what that **means and how to enhance it**.

## THREE STEPS to Create an Emotional Protocol®

Creating a **collaborative relationship** with one's own emotions needs a **structure**, which is the essence of the **mynditude model**.

Through the below **three steps**, a **space is created** between the **emotions and the impulse** (including perceptions, expressions, decision...) so that there is enough time to **understand** what's going on, **negotiate** with it and then **conclude** it.

- SORT OUT**  
Your Emotions
- NEGOTIATE**  
Your Emotions
- SHARE**  
Your  
**NEGOTIATED**  
Emotions



The model does take into consideration that **in real-life, there is no time** to do all that. Actually, the model helps the participants have a **slow-motion view** of the situation. It means that **more emotionally intelligent people have more "relative" time** than other people, though it is the same exact situation.

# THE 2-DAY WORKSHOP TOOLS & STRUCTURE

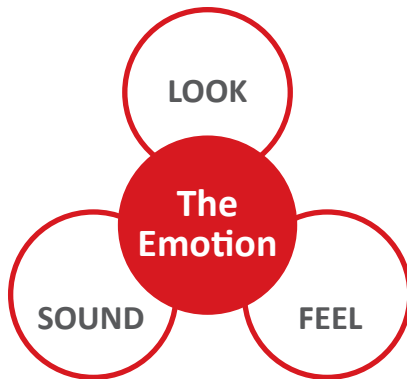
One week before the workshop, participants receive a link to take an **online EQ questionnaire**.

## The 2-Day Workshop

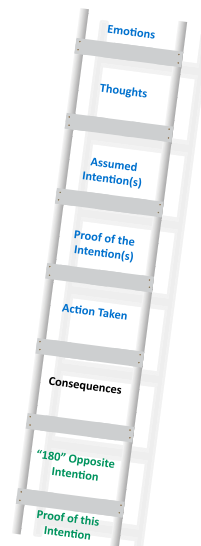
All mynditude® interventions are **exceptionally participative**, and given the nature of the topic in specific, this workshop is built on a **purely procedural knowledge delivery**.

All the way, participants will live the concepts and walk out with an **EI action plan** and **development commitment**, which we call **PCF®** (Planning Commitment Forward.)

### Personification of Emotions



### The Ladder



### EQ-i 2.0 Model



### EQ-i 2.0 Personalized 21-Page Report



## Post-Workshop

Two weeks after the workshop, there is a **follow-up** call with each participant to check on her/his **PCF®** that was announced and agreed on, at the end of the workshop.

## A Selection of mynditude's **Partners**

AWR الروستاماني  
ROSTAMANI

BDF ●●●●  
**Beiersdorf**

  
BRITISH AMERICAN  
TOBACCO

 CareFusion

  
DANONE  
BABY NUTRITION

  
**evian.**

  
**FDC**  
FOOD & DRUG CORPORATION S.A.L.

**IMPACT BBDO**

**initiative**

 **IPT Power Tech**

 **JUBAILI BROS**  
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