

# Unleash your Full Potential with Emotional Intelligence (EQ)

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"What's worse than training your workers and losing them? Not training them and keeping them".

Zig Ziglar -



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EDUCATING PEOPLE TO BLOOM

# Introduction

House to Grow is a not-for-profit organisation deeply passionate about improving the world by transformational education. We empower teams and professionals to transform people's lives. While growing your people you will also make a positive impact to children and women in need, your investment will go to support our programs: Colouring Dreams and The Flight of The Butterflies.

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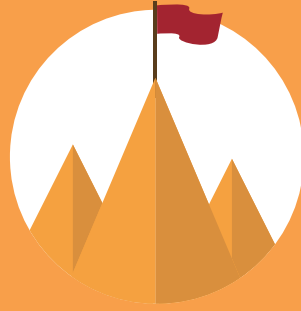
After a lifetime of working with people in the personal development world, I have learned that there are no people that are more powerful than those who know themselves, know their strengths and their areas for improvement. Those who believe in their potential and develop the attitude necessary to carry out their life projects. Each and every one of us are acorns with the potential of an oak, and we can be the source of a great forest. Personal development is the food that facilitates this transformation ”

**Pilar López**

Managing Director  
House to Grow

## Our Mission

We aim to transform lives through education, health and personal development, based on the four pillars of the human essence: mental, emotional, physical and spiritual.



## Our Vision

We see a society committed to education for life and personal growth, as a vehicle for building an emotionally intelligent world.



## Our Dream

To make a new world, where everybody is seen not only as who they are, but all that they can become.



“

We do more than train,  
We transform lives. ”

## Core Values

Passion for Excellence



Innovation



Increase



Integrity



Solidarity



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# 10 Powerful Reasons to Invest in Your Team



**1** Companies that invest in employee personal development has **24%** higher profit than those that don't

**2** **70%** of on-the-job learning is informal

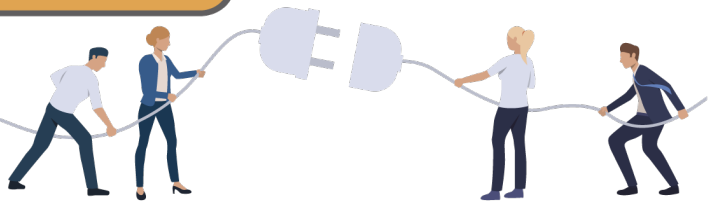


**3** **79%** companies worldwide believe they have a significant retention and engagement problem

**4** **71%** employees say opportunities for learning and development is the most value at work

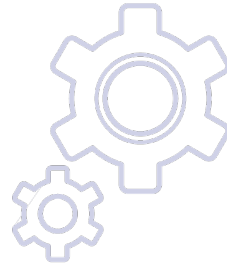


**5** **85%** workers globally are disengaged in the workplace





1 out of every 3 employees say that uninspiring content is a barrier to their learning



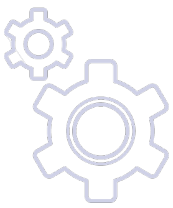
1 in 3 people leave their organisation within the first year



More than 50% of employees quit before the first 6 months



\$ The cost of losing an employee in the first year is three times the person's salary



Companies with great learning and personal development culture increase revenue by 4x



WHAT CAN  
HOUSE TO GROW  
DO FOR YOU?





# WHY

To inspire every person and organisation by creating innovative ways to grow and improve the lives of all those around them.

We say “yes” to projects that put people first. We believe in the value of building wellbeing and happy cultures in workplaces, while leaving a positive imprint on society. We believe that success comes after integrating passion and personal mission.

# WHAT

Focused on motivation, emotional intelligence, leadership, communication, and tools for personal development to positively impact your team, clients and partners.

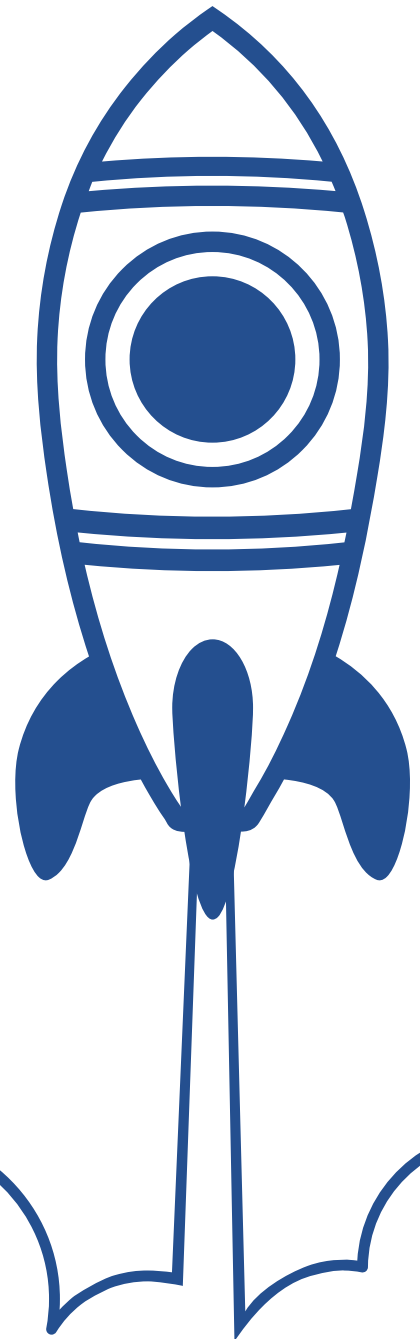
We deliver training programs, coaching, high impact seminars and inspirational conferences to professionals working with people. Using ‘High Impact Techniques’, our activities are based on the latest advances and studies on brain functionality.

# HOW

Re-engineering the mindset is our methodology. We excel in powerful and focused learning by doing based on our philosophy - provide experiences and get wise.

We have enjoyed helping professionals for 20 years in Europe and Australia, across a wide range of profiles and areas.

*Educating people to bloom*





# OUR PROPOSAL FOR PERSONAL DEVELOPMENT



# The Importance of Emotional Intelligence in Business

Emotional intelligence (EQ) is understanding one's own emotions and the emotions of others. Having a high EQ means you are able to navigate through tough situations and engage with stakeholders much more effectively.

Research has shown people with high EQ are more creative, innovative and successful than people with simply high intelligence.

Individuals with high EQ are able to add to a cohesive team and demonstrate a flexible attitude and readily open to adapt. Nowadays, pure experience or credentials in a field does not qualify as reason to keep the job.

Along with experience and credentials, individuals are sought after for their emotional intelligence; their ability to anticipate the other's perspective and to empathise with others. You have a better chance of getting that next promotion if you show exceptional emotional intelligence from the get go. Understanding emotions are more powerful than most people give them credit to.

How we and other people feel, understand, and react to those feelings determines many outcomes in our lives, especially when it comes to business.

“

Personal growth is the  
fertiliser of happiness.

Pilar López

”



# The 5 Components of Emotional Intelligence

Being a professional is not just meeting deadlines and spreadsheets. Building a cohesive team or acquiring that next client requires a human element. To go that extra step, you need the emotional intelligence to back you up. If we were to make things simple for you and sum up emotional intelligence to five components it would be:

## 1. Self-awareness

It's to be aware of yourself and understanding what shortcomings you have as a person. You are able to recognise the effect you have on others and you are open to constructive criticism.

## 2. Self-regulation

Having the ability to express your emotions and control how you express them is underrated. Self-regulation means you can identify your emotions and communicate them constructively. You are calm in chaotic situations and can influence others positively.

## 3. Motivation

Emotionally intelligent people are naturally self-motivated, and have a higher threshold for disappointments and failure.

## 4. Empathy

It's knowing the difference between listening to another's story and actually putting yourself in their shoes to feel compassionate.

## 5. Social Skills

Emotional intelligence is key to good interaction with other people. People with high EQ exhibit great interpersonal skills and find it easy to maintain strong relationships.

These five components are essential to emotional intelligence and without empathy for others, you are still at a loss with your company in the long-run.

“

House to Grow deliver result that matters - sustained impact for your team, your business and the world.

”





# Unleash your full potential with Emotional Intelligence

“

Leaders without Emotional Intelligence  
are like a Ferrari without wheels,  
a great car but it won't get far

”

— Pilar López

## Our Promise

This transformational experience will allow you to achieve your career and personal goals in a shorter amount of time. Save time while gaining powerful skills that will expand your mind and life.

'Unleash your full potential with Emotional Intelligence' will facilitate the development of your emotional intelligence through increasing your self-awareness, self-control and willingness to share with others. We also build your capacity to build positive relationship with others, manage stress and make effective decisions.

## Learning Objectives

- Understand the social neuroscience of emotions and EQ.
- Expand your knowledge of emotional patterns in yourself and others.
- How to read body language and facial expressions.
- Understand how different cultures respond to and display emotions.
- Build more effective relationships with and outside of the workplace.
- Learn mindfulness techniques to grow your emotional intelligence.
- Manage stress, overcome challenging situations and defuse conflict.



# Course Content

## Module 1. Emotional Intelligence (EQ). What's that?

- The 5 competencies of emotional intelligence
- EQ v. IQ
- Why is emotional intelligence important in the workplace?
- The 9 types of intelligence
- Emotional intelligence assessment

## Module 2. The Neuroscience of Emotional Intelligence

- Thoughts, emotions and behaviour cycle
- The Triune Brain Model
- Emotional neuroanatomy
- The purpose of emotions
- The 6 types of basic emotions and their effect on human behaviour
- The 3 key elements of emotion
- Emotions v. moods
- Theories of emotion

## Module 3. Growing Your Self-awareness

- Emotional self-awareness
- Mindfulness techniques
- The Johari Window
- Tools to lead, motivate others and create a high performing team

## Module 4. Know Your Emotions

- Making wise decisions
- Self-regulation
- Common negative emotions at work & strategies
- Stress management
- Building resilience

## Module 5. Recognising Emotions in Others

- Understanding body language and facial expressions
- Body language mistakes you might be making
- Culture differences in body language

## Module 6. Social Emotional Intelligence (SEI)

- Emotional social skills
- The power of empathy
- How to support people in emotional pain
- Influencing others & becoming an inspiring leader
- Having difficult conversations
- Increase your ability to create effective working relationships with others (peers, subordinates, managers and clients)

“ We love people education for life and well-being ”

## YOU WILL LEARN THROUGH



Images



Video



Articles



Test



# What are the extra benefits of this course?

## EXTEND YOUR KNOWLEDGE

### Transformational one-day workshop

After you complete this online course you can enrol into the EQ transformational one-day workshop that includes 'Techniques of High Impact'. You will put theory into practice and overcome fears, challenge limiting beliefs and spark your motivation. 'Techniques of High Impact' hinges on the latest advances and understanding about the working of our brain, especially how it processes information, creates thought and facilitates change by convening physical, emotional and mental connections.

## BOOST YOUR CSR

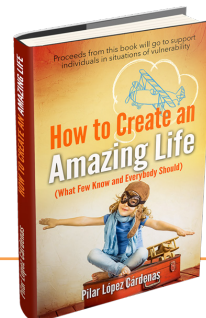
### Impact your Corporate Social Responsibility portfolio

Add to your corporate social responsibility portfolio and invest into this course to grow you and your team - you are making a positive social impact! Your investment is directed to our programs, Colouring Dreams and The Flight of the Butterflies, to transform the lives of vulnerable children and women affected by domestic violence.

## THE HOUSE TO GROW BOOK

### Get a FREE copy of the Book "How to create an amazing life"

You will receive a copy of our House to Grow book "How to create an amazing Life" for FREE. Just send us a short 2-minute video on your thoughts of the course to [info@housetogrow.org](mailto:info@housetogrow.org)



## Intended Audience

This course is suitable for anyone who leads or works with other people, no matter what size the organisation is. It is great for teamwork, customer service, and building relationships. The course is useful for anybody who wants to develop a better understanding of themselves and others to enhance personal and professional relationships.

## Delivery style

At House to Grow we strive to push the boundaries in training by challenging what is already accepted.

Our course combines entertainment with training to provide a fun and motivational experience to ensure effective understanding and retention of learning. Based on the latest advances and studies on brain functionality, how it processes information, generates thoughts and makes change, to ensure that our experiences are relevant interesting and exciting.

At House to Grow we truly believe that integrating concepts and ideas has to be something simple, practical and meaningful.





# Frequently Asked Questions

## What are the payment options?

You can make the payment through PayPal, debit or credit card. You will receive an email on how you can access the course 'Unless your full potential with Emotional Intelligence'.

## Can I download the videos of the courses?

No, for a rights issue you cannot download the videos of the courses. You can always see them through any device with an internet connection.

## Will I get some type of certificate?

Yes, at the end of the course you will automatically receive a certificate of completion to your email.

## When can I start the online course?

Whenever you want! As soon as you buy the access, you can start right away. You will have one month to complete, so you can do it at your own pace.

## Can I access from multiple devices?

Yes! However, one course license is for one user and cannot be shared between several users. In the event that the platform detects that access is being shared, the license will be blocked.

“ No one cares how much you know, until they know how much you care  
Theodore Roosevelt







# WHAT WILL BE YOUR SOCIAL IMPACT?



Doing good does you good!

Add to your corporate social responsibility portfolio by investing in a course that up-skills your team with better emotional intelligence. You are making a positive social impact and your investment is directed to our programs to transform the lives of children and women in need.

Learn more about our projects Colouring Dreams and The Flight of the Butterflies.

A personal development program  
for children facing emotionally and physically  
challenging circumstances.

Colouring Dreams is a personal development experience in a series of 8 workshops designed to inspire and build confidence in children who are facing emotionally and physically challenging circumstances.

Through art therapy, the children envisage and draw their dreams on a pair of white pyjamas. House to Grow pyjamas are used as a metaphorical anchor, connecting the children permanently with a colourful future. The program encourages them to keep on dreaming and hold onto their innocence in the face of difficulties.



A transformational educative program  
for women overcoming gender violence.

The Flight of the Butterflies covers a holistic recovery for women affected by domestic violence. The program encompasses physical, mental, emotional and spiritual empowerment to assist therapeutically after leaving domestic abuse.



We would love to know about your team and be a part of their growth.



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