

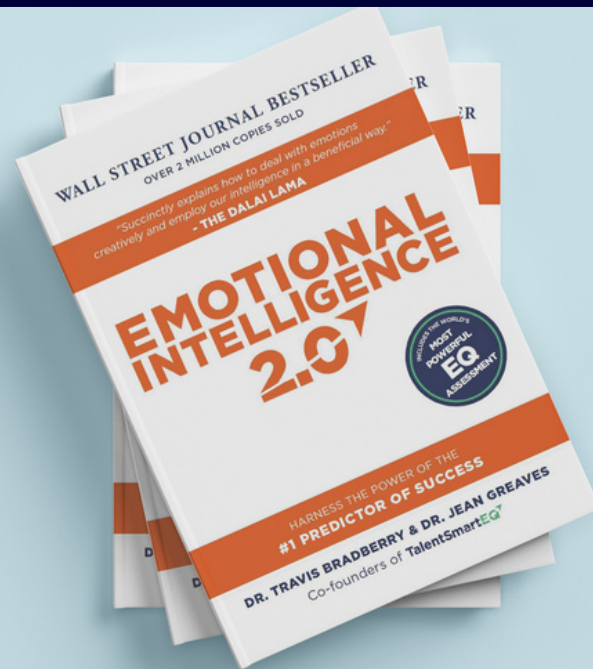
Emotional Intelligence Introduction Programme

54TWENTYFOUR.CO.ZA

54 TWENTY
FOUR



We help professionals and leaders improve their Emotional Intelligence (EQ) skills.



High EQ individuals can manage themselves, get along with others, and lead teams effectively. Developing EQ is important for personal mastery and effective leadership.

Our EQ development programme spans six months and focuses on building high EQ habits. Each month, delegates participate in interactive and enjoyable virtual live sessions, lasting two hours, where they learn essential EQ skills. Delegates have the opportunity to practice these skills during the sessions. They receive homework assignments to practice between sessions and can also benefit from individual coaching support.

The programme's bite-sized approach, combined with practice and coaching, empowers delegates to develop lasting EQ habits.

Delegates also get a copy of the book “Emotional Intelligence 2.0” by Travis Bradberry and Jean Greaves. This book provides practical strategies to improve EQ that readers can easily follow.

In summary, our programme helps professionals and leaders develop their EQ skills through interactive sessions, practice, coaching, and the guidance of “Emotional Intelligence 2.0” book. It’s a six-month programme that aims to improve personal growth and effective leadership.

MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6
FOCUS OF THE 2-HOUR LIVE SESSION					
<p>The Importance of EQ Tools for the journey:</p> <ul style="list-style-type: none"> • Learning and unlearning habits • The importance of reflecting and getting feedback 	<p>Self-awareness and self-management:</p> <ul style="list-style-type: none"> • How do you experience and express emotions • Amygdala hijack and self-regulation 	<p>Empathy:</p> <ul style="list-style-type: none"> • Suspending judgement • Identifying needs and emotions in others 	<p>Relationship management:</p> <ul style="list-style-type: none"> • Listening to understand • Speaking honestly and respectfully 	<p>Relationship management:</p> <ul style="list-style-type: none"> • Building trust, using Brene Brown BRAVING model 	<p>Personal development plan to further develop one's EQ habits</p>
HOMEWORK TO ENABLE BEHAVIOUR CHANGE					
<p>Meet your learning partner to your learning goals</p>	<p>Notice how your emotions drive your behaviour</p>	<p>Practice reading people</p>	<p>Learning pairs meet two times to practice communication skills</p>	<p>Repair a relationship where trust is broken</p>	<p>Meet your learning partner for 3 months to support each other</p>
ONE-ON-ONE COACHING TO SUPPORT BEHAVIOUR CHANGE					

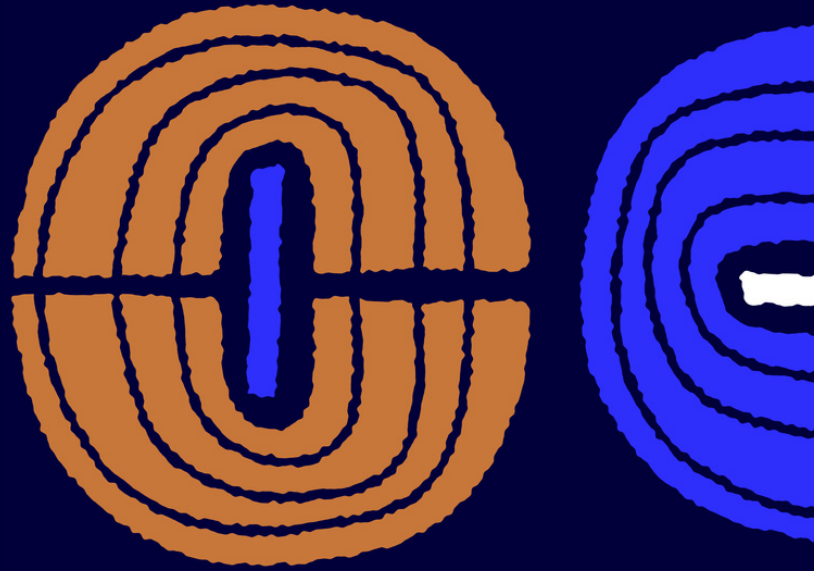


About Us

54TwentyFour is a diversity, equity and inclusion consultancy, specialising in inclusive employee experience design and leadership development.

The employee experience is the journey that an employee has in an organisation. It starts with the initial impression a potential employee forms about the organisation and extends to the recruitment and onboarding experience.

It includes the day-to-day work environment, relationships with colleagues and leaders, work-life balance, career development opportunities, as well as how personal and professional transitions are handled, and ultimately the employee's departure from the organisation.



It directly impacts employee engagement, productivity, retention, and advocacy, driving organisational performance.

Our mission is to support organisations in creating inclusive environments that unlock the full potential of their diverse workforce.

Some of our previous and current clients:



Our Story



“5424 (54TwentyFour) is the street number of my childhood home in Orlando East, Soweto. Growing up in a low-income community, I witnessed first-hand the challenges of unemployability, teenage pregnancy, alcoholism, and other social issues that persist in South Africa. Today, I find myself in a better place, partly due to the transformative social changes that unfolded during the 90s.

Growing up in the 90s, I witnessed a remarkable period in South Africa marked by our first democratic election, which saw Nelson Mandela become the nation's first black president, and the acceptance of our constitution. These milestones instilled in me a profound sense of hope for equity and inclusion.

I founded 54TwentyFour when I realized that, despite changes in laws and an increased intolerance for discrimination, there remained an ongoing need to create inclusive workplaces that embrace diversity and enable social progress.”

JULIA MAKHUBELA





Thank you.

LEVEL 1 B-BBEE CONTRIBUTOR

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