

## 2 TOPIC TASTER

# how to improve performance in problem-solving by managing emotions

**How important is EQ to solve problems versus IQ? Discover how to raise the bar and improve performance by harnessing the power of emotions.**

### OUTCOMES

- ▶ You will have a technique to improve your problem-solving ability
- ▶ You will have a clear understanding of the importance of perceiving emotions in yourself and others, and how to manage those emotions
- ▶ You will see a noticeable increase in energy by the end of the session
- ▶ You will become aware of how often emotions rule you, rather than the other way around.

### WHO THIS TASTER SESSION IS FOR

This session is designed for people managers who want to increase personal effectiveness and understand how to create the same effect in others.



90 minutes



15 - 24



*The Topic Taster sessions provide an ideal environment for learning new tools. They also demonstrate the interactivity of our events.*

*Each session follows our philosophy that small changes in behaviour have a massive impact on results.*

*The Topic Taster sessions give you an ideal experience of working with gluetogether.*

**For further information contact us at:**

gluetogether ltd  
2 St Michael's Street Malton  
North Yorkshire YO17 7LJ  
E: [change@gluetogether.com](mailto:change@gluetogether.com)  
[www.gluetogether.com](http://www.gluetogether.com)