



## A WATER COOLER CHAT THAT WILL **CHANGE YOUR LIFE**

It's a warm afternoon at the office and you are grabbing a glass of water at the water cooler. Suddenly one of your colleagues appear - ready for a quick catch-up. They look you in the eye, back-track and say: "What's wrong"? You keep quiet, but inside you are screaming: "EVERYTHING and NOTHING".

It's not easy being authentic on what is really going on inside, or if someone has upset you.

---

### **Let's meet at the water cooler.**

Contact us to book an EI course, Interpersonal Skills workshop or Leadership coaching session. Let us help you become the leader you would follow. Let us know if you need more information on our Power of Persuasion Bootcamp.

**Email: [yokevandam@y-connect.biz](mailto:yokevandam@y-connect.biz) | [www.y-connect.biz](http://www.y-connect.biz)**



YConnect.biz



[www.y-connect.biz](http://www.y-connect.biz)

# IS YOUR BUSINESS STRUGGLING WITH ANY OF THE FOLLOWING?

- Staff Loyalty
- Low Productivity
- Decline in Revenue
- Conflict in the workplace
- Hostile Working environment

If you said **YES** to any of these, the root of the problem might not be with the staff but with the style of leadership in your organisation.

## BECOME THE LEADER YOU WOULD FOLLOW

Did you know that a Leaders Interpersonal skills and Emotional Intelligence (EI) will have a huge impact on how your teams will perform? Even with the right **intension** but **incorrect approach towards your team** a leader can ruin a company financially and cause the best staff to leave.

## HOW CAN WE HELP?

At Y-connect we go on a journey with leaders and teach them how to become the leader they would follow. It's not a quick fix solution but a practical approach in the form of half-day or full-day workshops and individual coaching sessions.

During these sessions we work towards changing the behaviour, attitude and skill of the leader. We also work with the leaders' team and develop their Interpersonal skills and EI in practical workshops.



# WHAT IS OUR APPROACH?

WE FOCUS ON THREE MAIN AREAS:



**EMOTIONAL  
INTELLIGENCE**



DEVELOPING  
**INTERPERSONAL  
SKILLS**



**LEADERSHIP  
COACHING**

## EMOTIONAL INTELLIGENCE COURSE FOR LEADERS

In this workshop we teach you how to behave to be a phenomenal leader. The **5 key areas** we focus on in this workshop are:

**1** PERSONAL  
BRANDING

You'll learn how to be more intentional as a leader. We take a look at what you say, do and how you communicate verbally and via email. You'll discover and explore the image you want to convey to the world and your staff.

**2** MANAGING  
YOUR STATE

Using Neuro-science principles we'll explore your emotional triggers. You'll learn practical skills to calm yourself and your team down and how to avoid fight or flight mode. In essence you'll learn how to inspire your team and how a leader should behave.

**3** COMMUNICATION

Learn how to listen to your team with practical listening exercises. Discover how to communicate to others so that they 'get you' and feel they can 'trust you'. We'll explore various filters like language, culture, values and beliefs.

**4** PROFESSIONALISM

Time management and systems thinking are explored with practical exercises so that you can learn how you and your team can work at your optimum level.

**5** HEALTHY  
RELATIONSHIPS

Learn how to be assertive with your team in a helpful way. We teach you how to negotiate a win-win situation and how to bring harmony, flexibility and fun into your work environment.