

### Twilight Sessions

Darwin 2016



Trust  
27 May

Decision Making  
3 June

Stress Management  
10 June

#### Trust

We cannot live, love or work effectively without trust. Trust is glue that binds people in meaningful ways; it is a foundation for teamwork and change. Trust is a pathway to learning.

During this session you will find answers to the following:

- What is trust?
- Why is trust so important?
- How does trust work?
- How might we be able to openly talk about trust and build it within ourselves and across our organisation?

You will view trust through several lenses such as self, others, organisation/culture and process.

#### Decision Making

Decision Making is one of five scales of emotional intelligence defined by the Ruven Bar-On model of EQ.

This scale concerns your ability to use your emotions in the best way that helps you solve problems and make optimal choices. Success in this area means you can grasp problems and devise effective solutions, deal realistically with situations, and manage impulses that may disrupt effective decision making.

During this session you will:

- Develop an understanding of the Decision Making scale of EQ
- Analyse your own strengths and areas for growth within this scale
- Be introduced to a range of strategies to develop and grow your Decision Making EQ.

#### Stress Management

Successful Stress Management includes the abilities to:

- Remain calm and focused in a crisis
- Change direction or beliefs when presented with new evidence
- Demonstrate resilience
- Maintain a positive attitude
- Constructively withstand adverse events and conflicting emotions without caving in

In the workplace, these skills are vital.

This session will provide you with understandings of the three Stress Management sub scales, an analysis of self and development of strategies to develop your Stress Management EQ.



Building Professional Capital

**Cost per Session**

\$110 pp (inclusive of GST)

**Session Times**

3:00pm to 5:30pm

**Venue**

Details will be forwarded at completion  
of registration and payment

*Individual Human Capital + Collaborative Social Capital + Decisional Capital = Professional Capital*

*Hargreaves and Fullan*

**Contact Details**

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Please note *Faze* requires a minimum of 6 people per session.