



## Smarter Kinder Lawyers' Workshop

Core EQ Skills Needed to Manage and to Lead

On-site with Horse Co-Facilitators: *Bring a colleague.*

### **Morning Session: My Feel Smarter EQ strengths**

- 1. Notice my reactions (know myself),**
- 2. Take charge of my responses (choose myself)**
- 3. Decide what is really important (decide myself).**

### **Catered Lunch**

### **Afternoon Session: My Think Kinder EQ Strengths**

- 4. Can I think differently about my EQ Strengths?**
- 5. Can I identify opportunities to build on them?**
- 6. Better Work – what change do I choose to make once back at work?**
- 7. Optional Reflective piece.**

### Wrap-up & Evaluation

What Action/s will I take away?



**WORKSHOP 2 POINTS & SUBMITTED  
PRODUCTIVE REFLECTIVE PIECE 1 POINT = 3  
POINTS**