

Training Title: Emotional Literacy and Presence

Organization: Six and a Half Consulting

Description:	<p>One of the greatest skills a manager can have is the ability to simply be with his or her direct reports in time of heightened emotions. There is no fixing, there is no immediate action. There is simply being with – the underpinnings of trust and empathy.</p> <p>In this course, participants will expand their emotional literacy and learn the skill and art of being with.</p>
Defined Instructional Objectives:	At the end of the course, participants will have a better capacity to name, recognize and be with their own emotions as well of those they are managing
Measurable Learning Outcomes:	<ol style="list-style-type: none">1. The range of human emotions2. How to identify emotions with precision3. How to understand what and why you are feeling the way you do4. How to recognize emotions in others5. How to be with uncomfortable feelings6. How to be with others as they feel intense or unpleasant feelings7. How to be be present
Course Components:	<ol style="list-style-type: none">1. Teaching2. Coaching Demonstrations3. Group work4. Pairs5. Trios6. Learning Debriefs
Assessments Methods:	Verbal understanding of concepts and written reflection (worksheets), completion of self assessments; direct observation of application of acquired skill sets.
Delivery Methods:	In person one to one and group training sessions, goal setting worksheets, exercises, active/empathic listening templates, progress tracking
Format:	This training is offered in person one to one, group, or by Skype/Facetime and can be adapted to partnerships and teams.
Duration/Schedule:	The training is based upon 12 hours (1,5 days) of individual and group sessions over a period of 4 to 6 weeks.
Attendees:	1 to 15
Completion Requirements:	Participants are required to complete 12 hours of training plus and additional estimated 6 hours of project homework.
Course Fees:	This day and a half (1,5 days) training for up to 10 attendees costs \$12750 plus GST. Included in these fees are 10 hours of individual training to be used at clients discretion with attendees.

<p>Training Facilitator Credentials:</p>	<p>Casey Miller has more than 15 years experience in leadership roles and leadership training across the public, private and non-profit sectors. Over the span of his career, Casey has served as a facilitator and trainer in domestic and international enterprises, helping organizations reach their potential through research-based organizational psychology. As a the President of Six and a Half Consultant, Casey works as a business coach, trainer, and facilitator, designing and instructing leadership and management trainings to many Vancouver-based businesses and organizations, including Culinary Capers, Half Moon Yoga, Xeva Mortgage and Northwest Atlantic, Delta-Q, Kerrisdale Lumber, Allan Financial, Innovior Construction and many more. Casey is also a frequent speaker at PMIBC, HTFPBC, and HRMABC, TEC and the MacKay CEO Forums. Casey is also an external consultant with the YMCA Youth Employment Program facilitating business coaching and skill development for young entrepreneurs.</p> <p>Casey holds a masters degree in Public Administration and another in Theological Studies from Harvard University.</p>
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