

Keywords:

Emotional intelligence training for the workplace

Mindfulness training for the workplace

Emotional intelligence and mindfulness coach

HOME

Are you an innovator looking to create a workplace culture that places personal growth on a par with business growth? Do you recognise the importance of wellbeing to effectiveness in both work and family life and how one benefits the other? Then I can help you be a change-maker.

I'm Jacki, emotional intelligence and mindfulness coach.

I can help transform your company culture with expert training programs in leadership development, emotional intelligence and mindfulness. I can show you how to facilitate change at both the group and personal level by improving listening skills and empathy in your workplace.

An open, supportive culture with a work-life balance helps people feel valued and motivated and keeps them healthy. Working in a more compassionate and collaborative way creates a community mindset that has benefits far beyond business profitability. Through greater self-awareness, a healthy lifestyle, and shared values, we can make a positive difference in the wider world. Isn't that awesome?

Let's chat about how I can help you with emotional intelligence and mindfulness training for the workplace.

ABOUT

My mission

I believe there is a better way of being, a way that not only enables personal and professional effectiveness but one that embraces human flourishing. I want to help people thrive, in the workplace and beyond.

I believe that there is a better way of being, one that enables both personal effectiveness and personal happiness.

When people thrive, they bring creativity, energy, dedication and loyalty to the workplace. When people thrive, businesses thrive.

My motivation

With my experience in corporate human resources and career coaching, and family counselling and cognitive behaviour therapy, I have the business and people know-how to help you change your workplace culture, placing people at the heart of what you do.

As an executive and career coach, I have heard too many stories of toxic workplaces driven by insensitive leaders. I have seen people distressed by the compassionless handling of restructures and redundancies brought about by the robotics revolution.

I realised that helping individuals is only one way I can help create change. The other way is to work with business to bring about a more heartfelt conscious leadership style. I am inspired by the possibilities for positive social change through improved self-awareness, communication and cooperation.

My expertise

As a former HR leader, I understand what it's like to balance high performance with employee well-being, which impacts engagement, productivity and turnover. I also know that people are the driving force of a thriving organisation and that without great leadership and a positive workplace culture, it's impossible to sustain effective business and retain top talent.

Through Mindfulness and Emotional Intelligence coaching, and the Search Inside Yourself program, I can help you be a change-maker to benefit your business and the people who make it happen.

I am excited to be New Zealand's first certified trainer of the Search Inside Yourself program that brings together all that I care about in helping businesses and people to grow. With the help of experts in neuroscience, emotional intelligence and mindfulness, Chade-Meng Tang designed a program for Google that has now helped people in workplaces across the world.

I teach and coach executives, teams and individuals to be focused, to drive both personal and professional performance and effectiveness outcomes while improving wellbeing and retaining a strong positive regard for others.

Why work with me?

- I am the first Search Inside Yourself (SIY) program teacher in New Zealand
- The SIY program has been tried and tested since 2012
- I combine mindfulness and emotional intelligence teaching with working alongside clients in a coaching role

- With my background in HR, career coaching and counselling, I can bring out the best in people at work and at home

Take a look at my coaching programs to see which one suits you best:

- Emotional Intelligence 360
- Emotional Intelligence and Mindfulness
- Search Inside Yourself

PROGRAMS

Coaching and training in emotional intelligence and mindfulness for the workplace
You want to create a workplace that embraces qualities of kindness and compassion and you want to lead others in a way that drives connection. But how do you achieve this?

Emotional intelligence is a key leadership skill. It is critical to understand yourself and be able to empathise with others in order to influence people around you in a deliberate, effective and compassionate way.

I have been working with the Search Inside Yourself Leadership Institute that delivers the Search Inside Yourself training program originally developed at Google. This program was designed to drive high performance, personal effectiveness and wellbeing.

I offer mindfulness-based emotional intelligence coaching and training for the workplace. There are several outcomes and benefits that participants experience from each program. On an individual level, I can help people manage stress, build focus and sustain high performance. On a group level, my programs support collaboration and teamwork by developing empathy and compassion.

1. Emotional Intelligence 360 (EI 360).

This program is suitable for leaders and teams and focuses on:

- Self-awareness
- Self-regulation
- Motivation
- Empathy and compassion
- Social skills

The program is delivered in four key steps:

1. **Assessment.** An initial consultation, follow-up interviews and Emotional Intelligence assessment to understand your needs.
2. **Plan.** Provide feedback and a suggested plan of action.
3. **Implementation.** Training and coaching delivered through working in pairs, group work, exercises, and mindfulness activities tailored to client needs.
4. **Evaluation.** Ongoing measurement, follow-up interviews, and practice.

Outcomes.

Program outcomes are linked to client goals and include improved relationships, personal and professional effectiveness, and ultimately business success.

2. Emotional Intelligence & Mindfulness (EIM).

Good communication depends on good listening skills, as well as the ability to interpret and understand people's emotions. This program focuses on developing emotional intelligence (EI) and teaching mindfulness practices to use in the workplace, including mindful listening and mindful conversations.

Outcomes.

- Insight and knowledge about EI competencies
- Practices to develop EI competencies
- Improved focus and clarity
- Improved workplace performance and relationships
- Stress reduction
- Increased resilience
- Greater self-awareness
- Enhanced emotion regulation
- Improved group connectedness

3. Search Inside Yourself (SIY).

Search Inside Yourself is a globally-recognised and certified training program that teaches tools for focus, self-awareness and resilience. Using SIY practices and mindset, people can create a better world for themselves and others.

Backed by world experts in neuroscience, mindfulness and emotional intelligence, Search Inside Yourself has already changed thousands of lives in more than 100 cities around the world.

Program outcomes data show reduced stress levels, improved ability to deal calmly with leadership issues, and improvements in personal effectiveness, workplace collaboration, resilience and wellbeing.

Training and coaching venues.

Training programs are delivered on-site at your workplace. For individual clients, you can attend a group session at my training venue, or we can meet at a coffee shop.

Please contact me for my rates guide. I can offer discounts for non-profits.

SALES SCRIPT

As a former HR leader, I understand what it's like to balance high performance with employee well-being, which impacts engagement, productivity and turnover. I also know that people are the driving force of a thriving organisation and that without great leadership and a positive workplace culture, it's impossible to sustain effective business and retain top talent.

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Your tagline ideas:

- Enabling wellbeing & high performance & positive social change
- Enabling wellbeing, focus and personal effectiveness and a better way of being

Other suggestions:

- Enabling wellbeing, focus and effectiveness for a better way of being
- Improving focus, effectiveness and resilience for a healthier way of living
- Improving focus, effectiveness and wellbeing for a happier workplace
- Workplace coaching to grow people and businesses
- Emotional intelligence coaching to grow people and businesses
- Emotional intelligence coaching to nurture people and businesses

I think the words you include in your tagline depend on what will precede them. For example, if it's just your name then you might want to include emotional intelligence in the tagline. If the tagline is preceded by something like 'Jacki Rowles, Emotional Intelligence and Mindfulness Coach' then the tagline doesn't need to mention EI. I read recently that for a new business, it isn't worth spending hours on a tagline but better to initially spend the time on building a quality service/product, referrals, and testimonials.