

*Webinar on*

# **3 Webinar Courses To Manage Anxiety, Skills And Habits For Your Success**

# Webinar Description

The below-mentioned bundle, of course, represents the emotional intelligence (EQ), The Power of One to One Time ( It is a form of coaching ), Habits for better success, natural methods to manage anxiety at home and improve your performance at work.

The webinar format is 1-1.5 hour's audio-visual presentation, including a brief Q&A session.

This webinar bundle includes below 3 recorded webinars:

**Emotional Intelligence (EQ): It's More Important For Success Than Your IQ!**

**The Ultimate Keystone Habit for Success**

**How Best to Handle Your Business When There is High Anxiety at Home**



# Emotional Intelligence (EQ): It's More Important For Success Than Your IQ!

Presented by Marcia Zidle

Emotionally intelligent managers, supervisors and professional staff are your greatest assets. They solve problems, resolve conflict and build teamwork. Researchers and business experts agree that people with high emotional intelligence (EQ) are consistently the top performers in their organizations. They're more resilient and flexible when things get tough and are held in the highest regard by their bosses, peers, co-workers, and others. On the other hand, those with low EQs continually sabotage their own efforts and those of others. They fail to tune into the emotions of their employees; minimize their efforts to solve the problem and improve productivity, and tend to alienate the members of their teams and other stakeholders. By using the emotional intelligence skills and mindset during this webinar, you'll gain the ability to more appropriately respond to the world around you and eliminate the stress and frustration that often comes from working with others.



# The Ultimate Keystone Habit for Success

Presented by David Rohlander

Most of our daily activities are a form of habit, we do the same thing over and over. Think of how you brush your teeth. It's a habit, right? There is one habit you can develop that will change your life, improve your company and get you dynamic results in virtually every area of your life. That habit is what this webinar is all about: The Power of One to One Time.

Imagine having the confidence, coordination, and communication of an elite SEAL team. That is our objective. Elite teams don't just happen, it takes time, repetition and expert execution. There is nothing more valuable to building another person than the sincere, caring, thoughtful and accountable one on one time. It is a form of coaching.



# How Best to Handle Your Business When There is High Anxiety at Home

Presented by Donald Grothoff

Managing a business and home life is a challenge by itself, but when your home life is chaotic due to someone dealing with an anxiety disorder it can be disastrous. Learning how to handle that can be the difference between a business succeeding or failing. Being in his own home-based businesses for over 20 years, Don has experienced the struggles of anxiety in a home with two children dealing with Obsessive Compulsive Disorder. OCD is a high anxiety disorder that took over and disrupted his life. Every day, Don had to carry on his business while chaos reigned at home. He has come to the realization that success or failure in business begins in what people are thinking and believing about themselves and the work they do. Business begins with an idea or thought and then takes action to make it happen.

Stress and anxiety have adverse effects on how we think and can be the downfall of any business. Stress and anxiety can disrupt thinking and stop actions. Don takes his audience through an educational and interactive class teaching how thought process and mindset work and natural methods for handling everyday anxiety and stress that improve mindset and increase performance. Participants come away from the class with action steps and tools which they can start putting to use immediately in their businesses and lives. In this workshop, you will learn natural methods to manage anxiety and improve your performance.



To register please visit:

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