



# Marcus van Wyk

**Teacher • Speaker • Author • Assessor**

**Inspire, Motivate & Challenge**

**Applied Emotional Intelligence for Young Adults In School**  
*Game for your learners, good for your school, good for their futures*



**genos**  
INTERNATIONAL



Email: [marcus@marcusvanwyk.com](mailto:marcus@marcusvanwyk.com) / Mobile: +27 82 685 8896

Marcus resides in Johannesburg, South Africa and travels from OR Tambo International Airport.

**[www.marcusvanwyk.com](http://www.marcusvanwyk.com)**



*"We know too much and feel too little of those emotions from which a good life springs" Bertrand Russell*

## Applied Emotional Intelligence for Young Adults In School

*Game for your learners, good for your school, good for their futures*

### ***Overview:***

As learners begin to walk the walk of their teen years, they are regularly faced with the pressures of becoming a young adult. This walk comes with pitfalls, emotions, difficulty, choices, decisions, victories, defeats, influences, and so many other life variables like isolation and poor self-worth. Young adults must navigate through these things and come out victorious on the other side. Young adults need to know how to navigate and not be too overwhelmed and fall into a state of anxiety. Learning about emotional intelligence is a powerful way for young adults to face life head-on and walk in their full potential. Learning emotional intelligence is a great navigation tool.

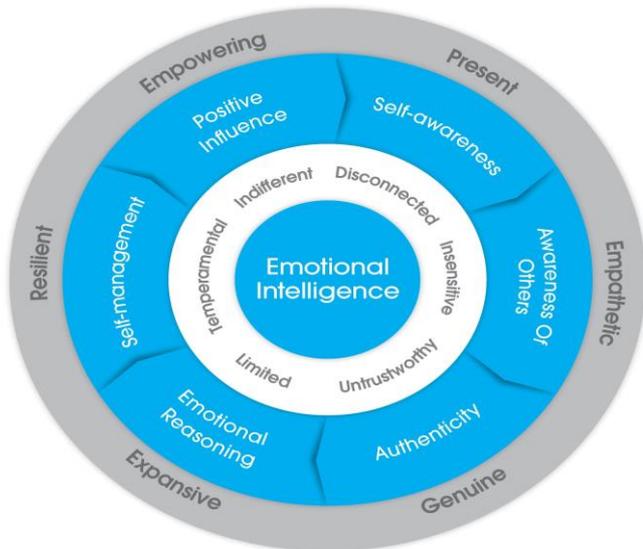
Psychologist Daniel Goleman, one of the first people to raise awareness of emotional intelligence estimates that, at best, IQ makes up only 20 per cent of the factors that determine life success, while other forces, such as emotional intelligence, wealth, temperament, family education levels and pure luck make up the balance.

### ***About the program:***

Emotional intelligence involves a set of skills that help us perceive, understand and manage emotions, both within ourselves and in others. Everyone has emotions. It's a simple fact – a part of our being human. And whether we realize it or not, these emotions impact us every day. They also impact those around us, both at school and in our personal lives. Emotions impact the way we think, learn, teach, lead, collaborate and problem solve. This workshop will provide you with insight into how important it is that you demonstrate emotionally intelligent workplace behaviour. You will also get insight into how well you currently demonstrate emotionally intelligent workplace behaviour. You will get practical tips on how to obtain additional feedback from others on your emotional intelligence and how to effectively respond to it. You will have insight into feeling less stressed and better equipped to positively influence the decisions, behaviour and performance of those you work with.



*“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you mad them feel.” - Maya Angelou*



### Learning Outcomes

Upon successful completion of this program your school learners will be able to:

**Demonstrate greater self-awareness, and awareness of others.**

**Demonstrate improved empathy and self-management.**

**Improve their personal resilience and be better equipped to build a more productive school life.**

In our EQ school program, your learners will learn about the six emotional intelligence competencies namely:

- ✓ **Self-Awareness.** Self-Awareness is about being aware of the way you feel and the impact your feelings can have on your decisions, behaviours and performance.
- ✓ **Awareness of Others.** Awareness of others is about perceiving, understanding and acknowledging the way others feel.
- ✓ **Authenticity.** Authenticity is about openly and effectively expressing oneself, honouring commitments and encouraging this behaviour in others.
- ✓ **Emotional Reasoning.** Emotional Reasoning is about using the information in feelings (from oneself and others) and combining it with other facts and information when decision-making.
- ✓ **Self-Management.** Self-Management is about managing one’s own mood and emotions; time and behaviour; and continuously improving oneself.
- ✓ **Positive Influence.** Positive influence is about positively influencing the way others feel through problem solving, providing feedback and recognising and supporting others’ work.



**genos**  
INTERNATIONAL



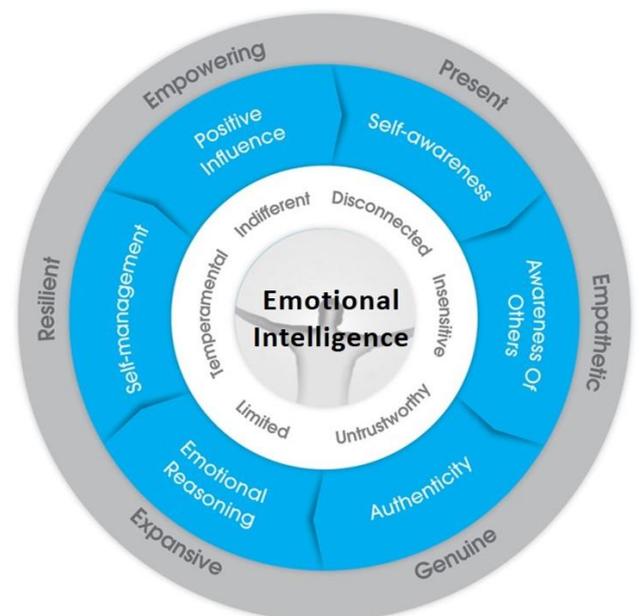
### **Audience:**

This program is suitable for all learners in Grades 11 and 12.

### **Format**

*A three to four hour facilitated workshop including:*

- Inspirational content.
- Participative methods.
- Experiential scenarios.
- Post-program action learning project.



## **About Marcus**

Marcus is a leading South African and African Speaker, Teacher, Assessor, and Writer in applied emotional intelligence for leadership, sales, and workplace human development. Marcus is a certified emotional intelligence practitioner with Genos International. Marcus has a platform of ideas, training and human assessments dedicated to the advancement of emotional intelligence in people for people excellence. Marcus speaks to organizations with a wealth of experience in human development and getting ahead in a competitive environment with their greatest assets – their PEOPLE!

For more information on workshops, conferences and human assessments kindly call +27 82 688896 or email [marcus@marcusvanwyk.com](mailto:marcus@marcusvanwyk.com)

**[www.marcusvanwyk.com](http://www.marcusvanwyk.com)**