

LISA STOTT

Expert & Coach - Emotional Intelligence

514.835.6445 • lisastott@cultiveite.com



ABOUT

Lisa Stott's mission is to help people **cultivate their emotional intelligence** so they can become happy and fulfilled human beings. Lisa is passionate about Neuroscience and Psychology and is certified in the EQ-i 2.0 and EQ-i 360 Emotional Intelligence programs.

With more than **16 years of experience in the corporate world** (marketing, sales, customer experience) and a bachelor in Commerce (John Molson School of Business), Lisa knows first hand the dynamics of the workplace. She values tremendously **organisations that prioritizes their teams' Emotional Wellbeing**.

She helps individuals (parents, professionals, leaders) cultivate their own emotional intelligence by teaching them tools that will help them develop their **self-awareness, manage stress and improve their decision-making and interpersonal skills**. As a result, it will enable them to lead a more fulfilling professional and personal life.

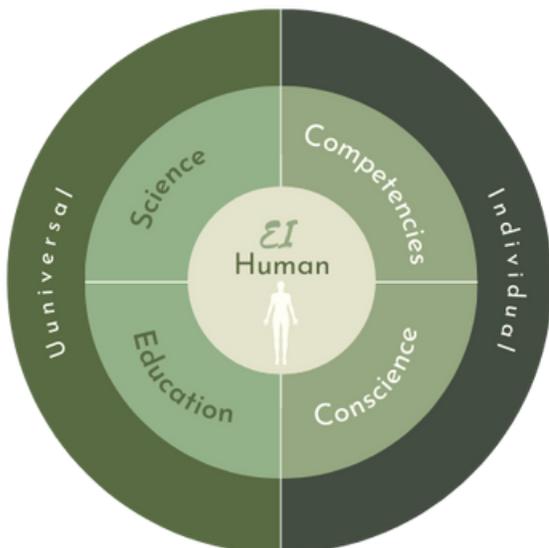
She achieves this this through individual coaching, workshops, and conferences.

Who am I ?

- Entrepreneur and founder of CULTIVEITE and SOSO MIMI
- Expert in emotional intelligence
- Trainer and speaker
- Author and creator of educational products
- Mother of 2 children
- Human being dedicated to creating a better world

A little overview of my background?

- Certified in the EQ-i 2.0 and EQ-i 360 Emotional Intelligence programs.
- More than 16 years of experience in large companies (marketing, sales, operations, customer experience, training)
- Bachelor of Commerce (John Molson School of Business)
- Quebec School of Entrepreneurship



BUSINESS MODEL

Emotional intelligence
is at the heart of our
business model

Mind. Body. Heart. Soul.





CONFERENCE

Duration : 1 hour

Research shows that people with strong emotional intelligence are more likely to succeed than those with high IQs or relevant experience.

Essentially emotional intelligence (EI) is the ability to know and regulate your own emotions and those of others, and then use that ability to control thinking and action. Cultivating our Emotional Intelligence permits us to have a better overall wellbeing, to enhance our performance and improve our emotional & social functioning.

This conference presents the overall arches of Emotional Intelligence as well as concrete examples and applications of how to appropriately respond and provide feedback in the workplace (or with clients).

1. FastCompany.com

WORKSHOPS

Duration : 1.5 - 2hrs.

Our workshops are designed to help individuals and teams develop various aspects of emotional intelligence.

How to improve Decision-Making Skills with Confidence.

What if I make the wrong decision? Or should I say, "What if I make the right decision?" Help your team(s) improve their decision-making skills with confidence thanks to this workshop that will cover the following:

- How to leverage flexibility, sense of reality and self-awareness in our decision-making process
- How to be aware of personal biases and how they affect our decision-making
- What is "body intelligence" and how can we apply it while making important decisions
- Which habits to adopt to improve our decision making in the long run

How to improve Self-Expression and Interpersonal Skills in the Workplace

Do all your employees know how to express themselves properly? Do they communicate in an effective manner? Self-Expression and Interpersonal skills are crucial in the workplace – whether they be with colleagues or clients, these facets of Emotional Intelligence have an important impact on peoples' overall well-being & performance.

This workshop will help your team(s) learn the following :

- How to express oneself with assertiveness and empathy
- How to provide and receive feedback
- How to leverage interpersonal relationships to improve self-expression

How to increase Performance by learning Stress Management Skills

Stress is the Number 1 reason why employees quit or lack motivation.² Stress management is comprised of the following subscales : Flexibility, Stress Tolerance and Optimism.

This workshop will help your team(s) learn the following :

- How to decode emotional information and identify self-regulation techniques adapted to the situation
- How to identify personal stress triggers by developing self-awareness
- How to leverage flexibility, problem-solving and interpersonal relationships to improve stress tolerance.

2. Inc.com

CONTACT US FOR A QUOTE :

lisastott@cultiveite.com / 514.835.6445 / www.cultiveite.com

