

Webinar with Dr Catherine Sandler:
The Emotional Profiles Triangle (EPT)™

In this popular webinar Catherine will present her acclaimed model, the *Emotional Profiles Triangle (EPT)™*, which she developed in 2010 to explain how and why leaders go into fight, flight and freeze mode when under pressure or feeling threatened. This behavior applies both to those individuals who usually manage themselves well but can be triggered in particularly difficult situations and those who are easily triggered and struggle more generally to remain skillful and manage their emotions and behaviour.

The EPT™ enables coaches to gain breakthrough insights into their coachees and help them to transform long-established yet damaging patterns of behaviour. It can also be used to help coachees cope with difficult bosses, peers or direct reports more effectively.

The webinar will cover the following areas:

- The strengths, vulnerabilities and behavioural issues that characterise each of the three emotional profiles.
- How to identify a coachee's profile and understand their typical triggers and unconscious defensive responses.
- How to use the model with the client in a coaching session to help them gain insights and make positive changes.

Catherine will draw on her long experience of using the EPT™ with a wide range of coaching clients to illustrate these points. Participants will be encouraged to share relevant examples from their own practice.

The number attending this workshop will be limited to maximise interaction so early booking is advised.

Participants will be sent Catherine's article on this model before the webinar and the slide deck used on the day at the beginning of the session. A CPD certificate is available on request.

Date: Wednesday 25th January 2023

Time: 12.00 – 14.15 (GMT)

Fee: £75 + VAT*

*VAT not applicable to overseas attendees

Registration: To sign up for this event please email the Sandler Consulting practice manager, Beth Thompson, on beth@sandlerconsulting.co.uk