



# SARAH WHYTE CONSULTING QUARTERLY NEWSLETTER: OCTOBER 2016

## Offering EQ solutions to make companies & schools happier, more productive places

It's been a very busy three months focusing on emotional intelligence and related topics in Singapore, both in the corporate and education sectors. Here's an overview of my last few months:

### CORPORATE TRAINING

I was delighted to be asked to speak about EQ at the inaugural TERN travel conference on August 27<sup>th</sup> as well as host a table conversation about EQ. The conference attracted a great mix of tertiary students, startups and executives from big travel companies. In the last few months, I've thoroughly enjoyed facilitating workshops for high profile tech companies and a marketing agency. Combining my education background with practical EQ strategies to improve participants' performance at work has proved a winning formula!

### PARENT WORKSHOPS

September saw my first parent workshop at UWCSEA Dover on supporting TCKs with the emotional aspects of transition. Parental feedback was massively positive and many people told me how helpful they found the content. It will run again at UWCSEA East on November 8<sup>th</sup>. Other upcoming parent workshops at UWCSEA include EQ for Families (2.11.16 & 3.11.16) and Body Image (26.10.16). Check out the Centre for International Education site for details and registration: <https://goo.gl/ntOR0y>

### EDUCATOR WORKSHOPS

The education highlight of this quarter was undoubtedly my recent EARCOS-sponsored 'EQ in the Classroom' weekend workshop. It was an honour to share classroom EQ strategies with 22 passionate educators from all over the region. Some schools have already enquired about how they can provide this workshop for their staff—don't hesitate to get in touch. I'm always happy to discuss how it can be tailored for your school. Want a quick look at what we did? Take a look at this short video: [goo.gl/GoR5Tj](http://goo.gl/GoR5Tj)

### COACHING

I'm very happy to report I submitted my Associate Certified Coach application to ICF! If you're interested in being coached, please reach out and I'm happy to chat more about the process.