

## THE EI SUITE

# Developing emotionally intelligent people, teams and leaders

Emotional intelligence is not a soft skill. It is the single most reliable predictor of performance, leadership quality, team cohesion, and organisational resilience, yet most organisations still treat it as an afterthought.

The EI Suite is a collection of six evidence-based workshops designed to bring emotional intelligence to life. Not as a concept, but as a practical, day-to-day tool that shifts how people think, communicate, lead, and show up.

Every session is tailored to your context. No generic content. No death by PowerPoint. Real, practical learning that sticks, and results you can see.

The EI Suite can be delivered as standalone workshops, integrated development pathways, or as part of a wider leadership and culture programme.

*When people understand themselves, they understand each other. When that happens, everything changes.*

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## WHO THIS IS FOR

### Individuals, teams and organisations who are ready to go deeper

The EI Suite is designed to work across all levels from individual professionals investing in their own development, to entire organisations building a culture of emotional intelligence from the inside out.

#### For individuals:

- High achievers, business owners, and senior professionals who want to understand themselves better
- People who know their technical skills are strong but want to develop the human skills that set leaders apart
- Anyone who wants to communicate more effectively, manage stress better, and show up with more confidence

#### For organisations:

- Senior leadership teams who want to lead with greater self-awareness and emotional agility

- HR, L&D, and wellbeing leads investing in meaningful staff development
- Organisations who want to build a measurable culture of resilience, wellbeing, and high performance
- Teams experiencing stress, conflict, low morale, or high turnover who want to address the root, not just the symptoms

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## THE WORKSHOPS

### Six sessions. One suite. Transformational results.

Each workshop stands alone or works as part of a series. Run them individually, as a bundle, or as a full six-session programme, online or in person, tailored to your people and your goals.

#### Workshop 1 | Imposter Syndrome — Overcoming Self-Doubt in High Achievers

##### Overview

A powerful, evidence-based session that names the patterns behind chronic self-doubt, underperformance, and the fear of being found out, and gives participants the tools to start dismantling them.

##### Key outcomes

- Understand what Imposter Syndrome is and how it shows up
- Identify personal patterns and triggers
- Begin to separate fact from the inner critic's fiction
- Leave with practical strategies to interrupt the cycle

#### Workshop 2 | Confidence vs Self-Esteem — The Difference and How to Build Both

##### Overview

Many people confuse confidence with self-esteem, and spend years trying to build one while neglecting the other. This session unpacks the difference and gives participants a clear, practical framework for developing both.

##### Key outcomes

- Understand the distinction between confidence and self-esteem
- Identify which one is getting in the way
- Build practical strategies to strengthen both
- Walk away with a personal development plan

#### Workshop 3 | Self-Awareness — The Foundation of Every High Performing Team

##### Overview

Self-awareness is the cornerstone of emotional intelligence and the starting point for every meaningful change. This session gives participants the tools to understand their own patterns, triggers, and default responses.

##### Key outcomes

- Develop a clear picture of personal strengths and blind spots
- Understand emotional triggers and how to manage them
- Build the habit of self-reflection in real time
- Improve relationships, communication, and decision-making

## Workshop 4 | Resilience and Wellbeing — Building the Internal Foundations

### Overview

Resilience is not about bouncing back. It is about building something strong enough that there is less to bounce back from. This session gives participants the evidence-based tools to build genuine, lasting resilience from the inside out.

### Key outcomes

- Understand what resilience really means and what it doesn't
- Identify what is currently depleting resilience
- Build practical daily habits that restore and protect wellbeing
- Develop a personal resilience framework

## Workshop 5 | Stress Awareness — Recognising, Managing and Preventing Burnout

### Overview

Stress is not the enemy. Unmanaged stress is. This session helps participants understand their own stress response, recognise the early warning signs of burnout, and build a toolkit for managing stress before it becomes a crisis.

### Key outcomes

- Understand the science of stress and the nervous system
- Recognise personal stress signals early
- Build a practical stress management toolkit
- Create a sustainable approach to pressure and performance

## Workshop 6 | Motivation and Positivity — The Science of What Actually Drives Performance

### Overview

Not the toxic positivity version. The real version, rooted in psychology, evidence, and an honest understanding of what actually motivates human beings to show up, engage, and perform at their best.

### Key outcomes

- Understand intrinsic vs extrinsic motivation
- Identify personal motivational drivers
- Build sustainable positive habits grounded in evidence
- Create an environment where motivation thrives

## INVESTMENT

### Investment

All workshops are available as standalone sessions or as part of a bundle. Bespoke packages, half-day, and full-day formats are available on request.

Format	Single Session	Bundle of 3	Bundle of 6
Online (1 hour)	£197	£497	£997
In-Person (1 hour)	£297	£777	£1,497
In-Person (2 hours)	£547	£1,497	£2,897

*Bespoke packages and full EI Suite programmes available on request.*

All workshops are tailored to your specific context, sector, and goals. Get in touch to discuss what would work best for your people.

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## WHAT TO EXPECT

### **This is not a standard training day**

- Every session is tailored to your people — not a generic off-the-shelf package
  - Evidence-based content rooted in psychology, neuroscience, and emotional intelligence research
  - Interactive, engaging, and practical. Participants leave with tools they can use immediately
  - Delivered by an Imposter Syndrome & Emotional Intelligence Specialist with over a decade of experience supporting individuals, teams and organisations.
  - Available online or in person, individually or as part of a series
  - Followed up with resources and reflection prompts to embed the learning
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## ABOUT

### **Martine Gibson**

*Imposter Syndrome & Emotional Intelligence Specialist*

*Founder, Readyssetgo Success & Wellbeing*

Martine Gibson is the founder of Readyssetgo Success & Wellbeing. She has been working with high-achieving individuals and organisations for over a decade, and her work sits at the intersection of therapeutic coaching, integrative counselling, and emotional intelligence.

The EI Suite was built from years of working with people who were technically brilliant but struggling with the human side of performance, their own self-doubt, their relationships, their stress levels, their sense of self. These workshops bring together everything she knows about what actually changes people.

- Therapeutic Coach
- Integrative Counsellor
- L3 NLP Certified
- Level 3 PTSD Counselling
- Emotional Intelligence Specialist
- Imposter Syndrome Specialist

*"I called it Readyssetgo for a reason. When you're ready, I get you set, and then watch you go."*

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## NEXT STEPS

### Let's talk about what your people need

Whether you're looking for a single session, a full programme, or something completely bespoke, the first step is a conversation. No pressure. No hard sell. Just an honest discussion about what would work best for you or your organisation.

#### Get in touch:

#### Martine Gibson

Empowering People, Changing Lives ✨

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