

EMOTIONAL INTELLIGENCE FOR LEADERS IN CHALLENGING TIMES



Citi Private Bank cordially invites you to a series of webinars on – **“Emotional Intelligence for Enduring Leadership”** - by renowned clinical psychologist and thought leader in the specialized area of emotional intelligence, [Dr. Martyn Newman](#).

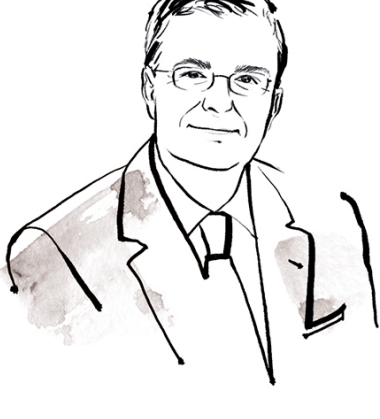
Covid-19 and its associated lockdown measures have exacted a heavy toll on the mental health of people around the world. The world’s health authorities are reporting deteriorating levels of mental well-being across the spectrum of society.

Dr. Martyn Newman has been helping corporate and family business leaders around the world cope with the challenges of managing and leading their organizations in challenging and uncertain times such as the current health crisis.

He speaks at global forums and provides leadership coaching to several Fortune 500 CEOs and senior executives. He is also a permanent fixture at our annual Empowering Leaders Programme held at the Cambridge University Judge Business School, which is customized for “Future Leaders” of family owned companies of our clients.

Lately, he has been advising corporations around the world for strategies to manage the mental health fallout in the workforce arising from Covid-19, and to prepare business leaders for a “new normal”.

We look forward to your participation in this special series of three webinars. It promises to be insightful and helpful to all of us as we deal with the ongoing impact of Covid-19 and as we shape our strategies for a new normal for our world.



PETER CLIVE CHARRINGTON
GLOBAL HEAD, CITI PRIVATE BANK

“Fear of the unknown and uncertainty about the future are causing worrying levels of stress and anxiety in employees, managers and leaders in every sector of the global economy. Emotional intelligence skills are critical to overcome challenges in such times of adversity.”

Emotional Intelligence for Enduring Leadership

Strategies to Build Resilience, Manage Mental Health & Drive Performance

Challenging social crises and economic recessions have been studied for decades and the science shows that economic downturns are associated not only with a loss of productivity, but also with a ‘second wave pandemic’ involving increased psychological distress and negative mental health outcomes. Business leaders have both a responsibility and an opportunity to protect the mental health and wellbeing of their employees and lead them through this current crisis.

In this series, Clinical and Corporate Psychologist Dr. Martyn Newman provides the psychological insights leaders need to support themselves and maintain positive focus and productivity. He will explain the critical Emotional Intelligence competencies used by the most successful military and business leaders to thrive under pressure, as well as the competencies leaders need to develop in their employees. Participants will explore the building blocks of crucial emotional intelligence competencies and take away key practical strategies to develop these skills in themselves and others. Dr. Newman will also explain the relationship between Emotional Intelligence and Mindfulness and explore two powerful coping strategies for reducing stress and calming the mind.

All events will take place at
9:00AM EST | 2:00PM BST | 9:00PM HKT

Veracast is the official video conference platform for the Emotional Intelligence webinar series. For optimum viewing & registration experience, use the Chrome browser. After registration, you will receive an email from Veracast confirming your registration in the event.

[REGISTER NOW](#)

27 AUG
THURSDAY

EMOTIONAL INTELLIGENCE FOR CHALLENGING TIMES
What strategies and tactics should leaders consider in these difficult situations? How do we achieve mental well-being and positivity in an adverse climate?

3 SEP
THURSDAY

EMOTIONAL INTELLIGENCE FOR FUTURE LEADERS
What are the emotional intelligence skills critical to being relevant and successful for leaders in their 20s, 30s and 40s who may already be in the C-Suite or on a trajectory to be so?

24 SEP
THURSDAY

EMOTIONAL INTELLIGENCE FOR A “NEW NORMAL”
How can leaders be emotionally and strategically prepared for a new normal? What are the skills for being an authentic leader?

About the Speaker

Dr Martyn Newman
Clinical Psychologist, RocheMartin

[Martyn Newman](#), PhD is a clinical psychologist specialising in Emotional Intelligence (EQ) and Mindfulness. He is author of the bestselling book Emotional Capitalists and the newly released ‘The Mindfulness Book’. He has held academic posts at leading academic institutions and his advice has been sought at the highest levels of leadership worldwide, including the likes of Sky, Deloitte, ExxonMobil, Mars, Network Rail, Quiksilver, Royal Bank of Scotland and British Airways among many others.

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