



Do you Acahkos?

Leading with Emotional Intelligence

A blended learning approach

The Acahkos Program is a social-emotional learning solution designed to provide supervisors with the tools and training needed to thrive in their roles. The program consists of online learning courses and a series of three webinars that serve as touchpoints to support supervisors in their learning journey.

Emotional intelligence is a learned behaviour. Engaging elearning material is provided to give your team the basics.

Coaching sessions (3 live webinars) are provided to support the learning and offer important goal driven strategies to implement at your workplace.

One doesn't work without the other.

Key features:

- Essential skills in social-emotional learning, including effective communication, conflict resolution, and leadership
- Acahkos star to facilitate the goal-driven learning experience
- OFTA model, the emotional intelligence feedback tool
- Real-world scenarios and practical tips for applying what you learn
- Peer discussions and engagement activities
- Emotional intelligence coaching and support
- Acahkos Check-ins to monitor your progress and ensure success



Workforce development is about people and a love for skills.

For the love of skills

Acahkos Webinar 1 - Discover the Concepts of Emotional Intelligence

By the end of this webinar, you will have a clear understanding of what the Acahkos Program entails and the tools you need to succeed in your social-emotional learning journey

Acahkos Webinar 2 - Communication in the Workplace

Once webinar 2 is completed you will have received practical examples for feedback, coaching and guidance, and learned strategies to become an effective supervisor using the OFTA model.

Acahkos Webinar 3 - Coaching Skills and Wrap-Up

Your final webinar will leave you with valuable insights into emotional intelligence, training and practical tools on feedback such as OFTA and EICOACH models, as well as, strategies on how to apply these skills in your role as a supervisor.

Each webinar includes real world solutions to everyday problems in food and beverage manufacturing and beyond.



Acahkos

How does the program work?

Employees who participate in STAC must register and attend each live webinar session (x3) and complete each online learning course (x9) with a score of 70% or more to receive a certificate, digital credential, and graduate this portion of the program.

Curriculum flow

-  **Attend and register for a webinar**
Acahkos Webinar 1 - Discover the Concepts of Emotional Intelligence
-  **Online learning**
Introduction to Emotional Intelligence
Knowing and Handling My Emotions
Adaptability in the Workplace
Empathy at Work
Interpersonal Relationships for Workplace Success
-  **Attend and register for a webinar**
Acahkos Webinar 2 - Communication in the Workplace
-  **Online learning**
The Spark Within
Coaching for Success
Positive Attitudes in the Workplace
Problem Solving
-  **Attend and register for a webinar**
Acahkos Webinar 3 - Coaching Skills and Wrap-Up

For more information on Acahkos or STAC, please contact Deborah McGowan, dmcgowan@fpssc-ctac.com or visit our website.

stac-fpsc.com

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