



Do you Acahkos?

Discover your Emotional Intelligence

A blended learning approach

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

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

Coaching sessions (2 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
- Real-world scenarios and practical tips for applying what you learn
- Peer discussions and engagement activities
- Emotional intelligence coaching and support
- Acahkos "Office Hours" to ask questions 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 & Your Acahkos Star

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 - Conclusions and Reflection on Your Learning Experience

Once webinar 2 is completed you will have enhanced your understanding of emotional intelligence and its application in the workplace, helping you to navigate personal and professional challenges with confidence and resilience.

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







Acahkos

How does the program work?

Employees who participate in STAC must register and attend each live webinar session (x2) 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

-  **Register and attend a webinar**
Acahkos Webinar 1 - Discover the Concepts of Emotional Intelligence & Your Acahkos Star
-  **Online learning**
Introduction to Emotional Intelligence
-  **Register and attend a webinar**
Acahkos Webinar 2 - Conclusions and Reflection on Your Learning Experience
-  **Online learning**
Adaptability in the Workplace
Empathy at Work
Knowing and Handling My Emotions
Interpersonal Relationships for Workplace Success
The Spark Within
Positive Attitudes in the Workplace

The Importance of Coaching

Through coaching, employees gain clarity on their goals, identify areas for improvement, and receive actionable strategies to enhance their performance. This tailored approach not only boosts individual confidence and motivation but also contributes to overall team effectiveness and productivity.

Employees MUST attend 2-90 minute coaching webinar sessions to graduate this program.

stac-fpssc.com

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