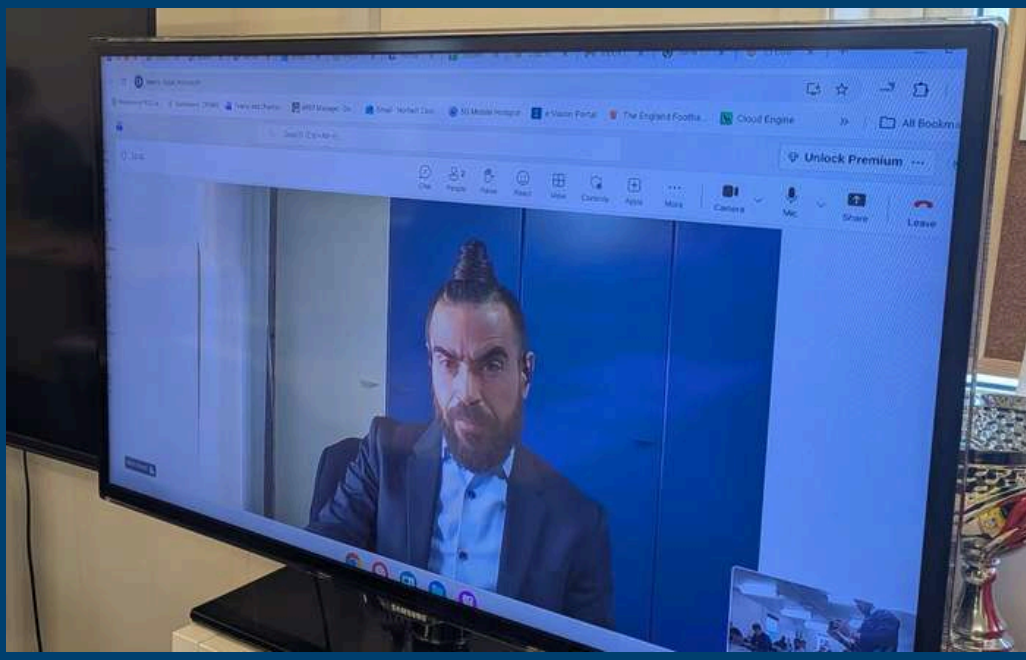
EMOTIONAL INTELLIGENCE

Master Self. Influence All.

EI & Self-Awareness (Group)



*We envision a society where emotional regulation is not an elite luxury, but a **fundamental** literacy —empowering every individual to govern their **internal state** and, by extension, their **external reality,** bridging the **gap between biological impulse and intentional action** for the global citizen.*

Developed by **Nick Atzeni Ltd**

London based, operating Globally

Nick
Atzeni

Ideal Candidates

For those looking to ***transform conflict into connection*** by mastering the forensic language of human emotional needs

- **The High-Pressured**

Individuals who need to maintain surgical clarity and composure during high-stakes decision-making

- **The Transitioner**

Individuals moving into new roles (or figures) who must master self-regulation to navigate increased responsibility

- **The Growth-Orientated:**

Lifelong learners dedicated to breaking reactive habits and achieving personal mastery

- **The Educators:**

Teachers, tutors, and mentors aiming to shape high-trust learning environments for others

- **The Self-Developer**

Performers seeking the "Psychological Edge" by aligning their biological response with their technical skill

The Foundation of Expertise
Nick is an integrative coach in Advanced Emotional Intelligence, operating on Executive Performance, with a focus on Mindset and Emotional Regulation, with specialised training from Harvard Medical School and the University of Oxford Business School.

Philosophy & Economics
Nick integrates ancient wisdom with modern leadership.
Trained at the School of Practical Philosophy and Economic Science, Nick helps Leaders understand the "human asset" within themselves and in their organisations.

Global Authority
A member of the Association for Coaching UK, Nick utilises psychometric **EQ assessments** registered with the British Psychological Society.
His influence spans four continents, having lectured for

- The Italian Chamber of Deputies (Rome),
- Strathmore Business University (Nairobi),
- SELA privately (Jeddah),
- Elite Organisations: Crystal Palace FC, Aston Villa Foundation, and at the Royal Spanish Football Federation.

The Philosophy of Decision-Making
For a Leader: philosophy, mindset and emotional regulation are the ultimate tools for **clarity and mental resilience**—enabling one to remain centred through potential, unexpected life storms.

It's statistically ensured that every emotional investment leads to a **measurable return** in **performance**.

The Program Vision

We envision a world where every individual possesses the 'Internal Infrastructure' to navigate life's volatility with composure.

By mastering the basics of our biological and emotional landscape, we move ***from being victims*** *of our environment* ***to being architects.***

10-Weeks Program

10 Sessions. 70 Days. One Standard of Excellence.

The EI & Self-Awareness program is designed as a weekly System Sync

Over ten weeks, we move from the biological foundations of your reactions to the strategic influence of your leadership.

The Weekly Rhythm

*To bridge the gap **between "knowing" and "being,"** every session follows a forensic structure:*

1. ***The Session:*** *90 minutes of deep-dive theory and interaction, neuro-strategic mapping, and practical philosophy.*
2. ***The Socratic Inquiry:*** *A single, high-impact weekly question designed to bypass your ego and reveal your internal truth during the week.*
3. ***The Practice:*** *A specific, actionable drill to integrate into your daily life —transforming the classroom theory into a biological habit.*

The Handout Value

Your Personal Archive

After every session, you receive a **Forensic Briefing** (Handout).

These aren't just notes; they are the technical manuals for your specific evolution.

They allow you to **revisit the content**, track your progress, and build a permanent library of Self-Mastery that remains with you long after the 10 weeks are over.

The ROI of the Self

Online via Zoom

- Online Group
- 10 Weekly Sessions
- Global Digital Access
- Digital Handouts
- Interactive Q&A

111 GBP - 130 EUR / Month

3-month Investment:
333 GBP - 390 EUR

20 Attendees per group

London Studio SE15

- In-Person Group
- 10 Weekly Sessions
- On-Site Facilitation
- Physical Workbooks
- Personal Interaction during and after the sessions
- Refreshments
- Held in an inspiring and well-designed studio

250 GBP / Month

3-month Investment:
750 GBP

10 Attendees per group

Join the Waiting List

1. Come to **www.NickAtzeni.com/Contact**
2. Select the language between **English and Italian**
3. Choose Your most suitable Group's **Day and Time**
4. Check the **Confirmation email** for instructions

You are the Pilot
of a Complex Inner System,

We give You the Manual

Three Main Benefits

Calmness, Clarity, Courage

The Calmness

A self-regulating Nervous System.

Participants move from "Stress Reactivity" (HPA-axis spikes) to "Somatic Composure." You learn to close the stress loop, ensuring you finish your day with energy rather than exhaustion

The Clarity

Elimination of "Decision Fatigue."

By mastering self-awareness, you stop fighting internal emotional noise. This frees up immense cognitive bandwidth, allowing for faster, heart-aligned, and more accurate choices

The Courage

From "Reaction" to "Response."

When you master your internal landscape, you become unshakeable. This "Neutral State" creates a gravitational pull of authority, making you a source of stability for your team, family, or organisation

Science on Self-Awareness

Calmness & Stress Response: *Self-awareness allows for the conscious interception of the "Fight or Flight" response. By identifying rising physiological markers, an individual can trigger the parasympathetic nervous system to restore calm.*
[Passarelli, J. J. (2020)]

Clarity & Cognitivity: *Self-awareness reduces "Cognitive Noise." By understanding one's own biases and emotional "filters," a leader can separate objective data from subjective impulse, leading to higher-quality, long-term strategic choices.*
[Dierdorff, E. C., & Robert, R. S. (2015) Harvard Business Review]

Emotional Steadiness: *Self-aware individuals possess a shorter "refractory period." When an emotional trigger occurs, self-awareness facilitates a faster return to the Neutral State, preventing prolonged states of anger or anxiety.*
[Goleman, Daniel (2017)]

Certificate of Attendance

Individual Certificate of Attendance will be awarded to each Candidate with a detailed description of the topics discussed and a commentary section from the Coach

Contacts & Thanks

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LinkedIn ___ Nick Atzeni

This is part of the 2026 Packages:

- One-on-One Coaching
- Team Training Coaching
- Sports Environment(s)
- Onboarding EI Coaching
- EI Coaches Training
- **EI & Self-Awareness Course**

Thank You for Your time and interest in advancing **Human Softer Abilities.**

I am looking forward to seeing Your enrolment

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