Emotional Intelligence: What it is and how to get it

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**In this one-day workshop**

**You will learn**

What the 4 pillars mean

The tools you need to develop the 4 pillars of emotional intelligence

How to cultivate your positive energy

How to set and achieve your goals

How to manage your feelings

How to understand others’ feelings

**Why EQ is vital to success**

ave you ever said to yourself

*I know I shouldn’t have said that, but you know I have a temper!*

*I know I should have said something, but I hate conflict.*

 *Don’t talk to me today. I’m in a bad mood.*

Would you like to understand why such statements can get in the way of positive relationships with co-workers, customers, and others? Knowing what emotional intelligence is and how to increase yours is vital to professional success.This course offers a clear explanation of what emotional intelligence is along with specific tools that anyone can use to develop it. Participants are encouraged to target areas of emotional intelligence in which increased facility will help them be more effective supervisors, team members, and colleagues.

**Daniel Goleman’s**

**4 Pillars of Emotional Intelligence**

* Self-awareness
* Self-management
* Awareness of others
* Relationship management

One Date Only

Wednesday, March 13, 2013 – 8:30 a.m. to 3:30 p.m.

This class is worth 7 CLPs

**Presented By**

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