



Being Your Best: The Emotional Intelligence Workshop

Emotional intelligence is the ability to sense, understand and effectively apply emotions to be more collaborative and productive with others (TTI Success Insights).

Research conducted by Dr. Daniel Goleman (co-director of the Consortium for Research on Emotional Intelligence in Organizations at Rutgers University) has shown that successful leaders and top performers in any field also tend to have excellent emotional intelligence skills. These “soft skills” are not just nice to have, they seem to be a predictor of who will ultimately succeed in the workplace.

**How would you rate your skills?
Are you able to:**

- Identify where your emotions are coming from?
- Remain calm under pressure?
- Avoid becoming defensive?
- Admit to a mistake?
- Listen without jumping to conclusions?
- Try to see things from another's perspective?

Wherever you are in your emotional intelligence journey, the good news is that you can continue to grow these skills well into old age. In this engaging workshop, participants will explore what we mean by emotional intelligence, why it is important and how they can grow their own skills to become even more effective in the workplace.



WHAT DOES THE WORKSHOP COVER:

What is Emotional Intelligence and why it is important:

- Define emotional intelligence
- Business justification for focus on emotional intelligence
- Workplace applications

The Science Behind Emotions:

- Language and emotions
- The anatomy of an emotion
- Emotional triggers and their sources

Emotional Intelligence and Leadership:

- EQ leadership styles
- When is it best to use which style?
- The relationship between EQ and specific leadership competencies

Emotional Quotient® (EQ) Report:

- Understand and interpret EQ Scores
- Identify strategies and techniques to grow EQ
- Action planning



WHO SHOULD ATTEND:

- Individuals wanting to be their best selves in the workplace
- Leaders wanting to maximize their leadership capabilities and lead high performing teams
- Anyone wanting to explore strategies and techniques to manage their negative emotions and perform optimally



WHAT YOU WILL LEARN:

- What emotional intelligence (EQ) is and why it is important in the workplace
- The five major components of EQ and how you currently score on each
- Your own emotional triggers and their sources
- Strategies to grow your EQ and become a better teammate and/or leader

