

Emotional Intelligence

Program Duration: 1 day



In today's world, it takes more than a high intelligence to be a successful, inspiring leader. It takes Emotional Intelligence.

As leaders, we move others through emotions. Emotions are contagious! It takes self-awareness, self-control, empathy, and the ability to build collaborative relationships to be a great leader. We call these behaviors Emotional Intelligence. They are the personal and social competencies that differentiate star performers from average ones.

This workshop will assist you in becoming more self-aware and provide insight into how emotions affect performance. You will learn techniques on self-regulation and how to align “your intent with your impact”. You will discover how to develop and demonstrate empathy to sense others feelings and perspectives. All of these skills will help to manage your relationships more effectively, which ultimately will result in higher levels of engagement, customer service, and performance.

Participants will walk away with these skills:

- Becoming familiar with the Emotional Intelligence (EI) model and competencies
- Taking a look at self-awareness and the impact we have on others
- Recognizing “triggers” that impact self-control
- Building capacities to demonstrate social awareness through empathy
- Influencing others, as individuals or teams
- Creating a positive environment through language and behaviors where other will choose to be

Audience

Professionals at all levels who want to be in-tune with their emotions and the emotions of others, in order to manage their emotions and relationships both at work and at home.

Cost

\$650.00 General Registration

\$585.00 Xavier Alumni, Military/Govt./Non-profit

0.6 CEUs will be issued for this program