

# SOCIAL SKILLS FOR PROFESSIONAL SUCCESS

*Harnessing social and emotional intelligence to strengthen leadership, relationships, and team collaboration.*

Social and Emotional Intelligence (SEI) is a cornerstone of professional and personal success, promoting enhanced self-awareness, improved communication, stronger relationships, and improved personal health. This program leverages a four-quadrant SEI model based off of Daniel Goleman's research to explore how SEI fosters inclusive leadership, encourages conflict resolution, and builds trust and rapport within teams. Participants will discover how SEI impacts essential skills like stress management, resiliency, empathy, and effective teamwork, driving both personal and team growth.

Through a comprehensive assessment, participants will identify their SEI strengths and areas for growth. The program offers actionable strategies and tools for improvement, empowering participants to promote team engagement and create a culture of collaboration. Optional follow-up coaching is available to support ongoing development and success.



## Participants will walk away with these skills:

- Gain an in-depth understanding of the four-quadrant SEI model.
- Explore the business case and health benefits of strengthening SEI.
- Learn how SEI fosters improved communication, inclusive leadership, and team engagement.
- Develop actionable plans for stress management, resiliency, empathy, and teamwork.
- Enhance skills to encourage personal and team growth while promoting effective conflict resolution.

## Audience:

Professionals at any level in any industry who want to improve and identify their SEI strengths and areas for growth.

## Duration:

This program consists of one full-day, in-person session.

**Cost: \$695 General Registration**

**Select Discounts Available**

**0.6 CEUs will be issued for this program**