

Emotional Intelligence (1 Day)

Emotional intelligence, or EQ, is the ability to be aware of and to manage emotions to improve relationships. EQ is a pivotal factor in personal and professional success. Your IQ gets you in the door, but EQ, your ability to connect with others and manage the emotions of yourself and others, determines your success in life!

You have probably worked with and listened to brilliant people. Some were great and... well, some not so great. When you think about the truly extraordinary ones – those who inspired you and made a difference for you and others you'll notice their connections with people at a personal and emotional level. What differentiated them wasn't their IQ; it was their EQ! And they made it look easy too!

This highly interactive, high energy one-day workshop helps you to:

- Understand the meaning of emotional intelligence
- Recognize the relationship between emotional health and physical health
- Learn techniques to understand, use, and appreciate EI in the workplace
- Understand different emotions and how to manage them
- Create a personal vision statement
- Understand the difference between optimism and pessimism
- Validate emotions in others

Pre-Work

A form is sent to you so that you can summarize the **characteristics of two people that make them stand out in your mind.**

Workshop Overview

The first part of the day is spent getting to know participants and discussing what takes place during the workshop. You also identify what you personally want to learning.

Module 1: The History of Emotional Intelligence

This session outlines some of the milestones and important people who have contributed to the world of emotional intelligence.

Module 2: Emotional Intelligence Defined

You explore a few definitions of emotional intelligence and then write your own definition.

Module 3: EI Blueprint

You cover the skills and concepts behind identifying emotions; understanding and managing emotions; and using and communicating emotions.

Module 4: Optimism

Since optimism and pessimism play into EI, you learn basics of optimism and how it differs from pessimism.

Module 5: Validating Emotions in Others

You are given two models to validate emotions in others.

Module 6: Understanding Emotions

This session explores the seven primary human emotions.

Module 7: Setting Your Personal Vision

It's time to explore your own emotions by looking at your principles, values, strengths, talents, potential obstacles, and relationships.

Workshop Wrap-Up

You have an opportunity to ask questions and fill out an action plan.