



Steph IV Vanous



EMOTIONAL INTELLIGENCE

OCTOBER 17, 2019

Learning Objectives

- Gain a basic understanding of your emotions and observable behaviors
- Define emotional hijacking and understand the opportunity for self-awareness, and self-management.
- Understand the core competencies of Emotional Intelligence:
 - self-awareness
 - self-management
 - social awareness
 - relationship management
- Identify four strategies to apply at work in order to improve your EQ.

Woods Park Place

3131 'O' Street
Lower Level Training Rooms
11:30-12:30pm
Lunch: \$5 members
\$10 non-members

*Venmo now accepted

Competency Bucket

- Creating Effective Partnerships