

The Need

Implementing discipline over our emotional life is difficult and requires lifelong practice. Being able to choose to act or respond in a particular manner is preferable to re-acting on a consistent basis, yet it is difficult. Enhancing emotional intelligence improves our ability to master our emotional functioning. High EQ can improve our communications with all others, enhance our perception of satisfaction with ourselves and our lives and overall increase our productiveness.

The Best Audiences for this Workshop

All levels of staff

The Objectives of this Workshop

1. Learn about emotional intelligence and its benefits to our work and life
2. Develop skills that can further enhance emotional intelligence
3. Assess our current personal status (EQ)

The Workshop Agenda

- I. What is emotional intelligence?
 - A. Benefits in our work life
 - B. Benefits in our home life
 - C. Perspective – earlier conceptions

- II. If I already have some...how can I get more?
 - A. Fear
 - B. Negative attitudes
 - C. Assumptions
 - D. "Following the Rules"
 - E. Believing you aren't creative
 - F. Committing to development/enhancement

- III. How much do I currently have?