

# EMOTIONAL INTELLIGENCE

What are people feeling? What are they thinking? Knowing a person's motivations is a key path to working successfully. A high EQ (Emotional Quotient) is a signifier of the ability to read the emotions in others and counsel them in ways that can help them achieve their goals. Emotional Intelligence training is a key factor in boosting one's EQ. The workforces of today boast a diverse community and leadership structure. Building trust between Senior Leaders and their staff is an essential step in creating an intimate working relationship based on mutual understanding and shared goals.

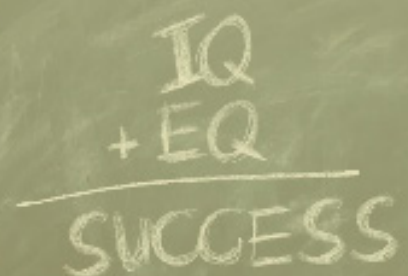
## IN THIS COURSE, YOU WILL:

- Discuss the background of emotional intelligence (EI)
- Define EI
- Identify the five (5) competencies of EI
- Assess personal emotional reactions and responses to various situations
- Increase ability to effectively use the power of emotions

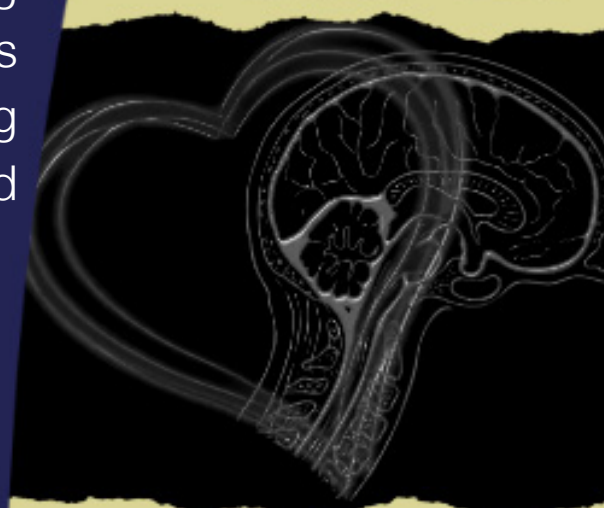
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