

WORKSHOP: EMOTIONAL INTELLIGENCE - THE KEY TO SUCCESS

This 2-day workshop entitled Emotional Intelligence: The Key to Success is designed for anyone needing to improve their ability to interact with and influence others. The main objective of this course is to provide clarity of what EI is and how it influences everything we do and ultimately our success.

This course is intended to motivate participants to become more self-aware, learn tools for managing their emotions, explore, ask questions, and generally approach others and build relationships in a more productive and thoughtful way. A secondary course objective is to provide participants the opportunity to learn the elements of EI, then engage in realistic scenarios to practice and get expert feedback as they explore their new skills.

During the workshop participants complete a self-assessment to determine their current level of EI then engage in activities to explore ways to increase their self-awareness, self-management, social awareness and relationship management skills.

Specific **learning outcomes** are to gain:

- An awareness of EI concepts and models and an appreciation for the impact EI has on success
- A better understanding of emotional patterns in themselves and others
- The knowledge and ability to manage emotions, and positively influence others
- Tools for building more effective relationships with people at work and at home
- Ideas and practice for creating an engaging and productive environment
- Tools for increasing satisfaction and fulfillment at work

This workshop is offered by StrategyWorks, Inc., an International consulting and training firm. Each of their team members are experienced consultants and trainers who enjoy a reputation for providing practical, hands-on learning, creating an environment conducive to learning and then applying the skills in a meaningful way. Past participants have evaluated this workshop as a practical, thought provoking, useful course for increasing their skills at working more effectively with others both at work and in life.