

Learn. Grow. Change the World.

Emotional Intelligence

The Smart that Sets You Apart

Audience: All Employees \ **Available:** Live Virtual or In-Person

Investment in one's emotional intelligence is an investment in success. It's the "smart" that makes the difference.

Jack Bush, former CEO of General Electric, said that "No doubt emotional intelligence is more rare than book smarts, but my experience says it is actually more important in the making of a leader. You just can't ignore it."

Emotional Intelligence (EI), simplified, is being skilled in both the intrapersonal and interpersonal aspects, which includes self-awareness, self-regulation, social and other awareness, and relationship management. EI is the smart that sets individuals apart and the smart that leads to professional and organizational success. What's encouraging, is that EI be learned.

This interactive workshop will enhance participants' understanding of what EI is, the value of intentionally improving one's EI, and will provide tips for EI development based on the 18 competencies.

Although all employees will benefit from this workshop, leaders and those aspiring to be, may especially find this workshop beneficial.

Learning Objectives

1. Identify Emotional Intelligence (EI) qualities
2. Understand what the research says about how EI supports professional and organizational success
3. Explore strategies for developing EI competencies
4. Create a personal development plan for enhancing one's EI

Instructor

Angela Dash, PhD has over 20 years of leadership experience and is the President of The Pace Institute, LLC. It is her mission to support others in strengthening relationships and setting course in times of conflict, change, and opportunity and she does this through executive and professional coaching, group training, dialogue facilitation, and organizational conflict management consulting.

She has supported the growth and development of employees from organizations such as the State of Georgia, County of Los Angeles, Johnson and Johnson, Zillow, Spotify, and the New York Times and is known to be an evoker of greatness - supporting others in learning, growing, and changing the world.

Sample Agenda

- What sets an employee apart?
- Defining emotional intelligence (EI)
- How do we know it matters?
- Identifying the EI domains and core competencies
- Ways to develop one's EI
- Creating a personal EI development plan

This workshop can also include a self-rating assessment and confidential report from the Institute for Social and Emotional Intelligence, for each participating employee.