

## Past Students' Comments for:

### *Emotional Intelligence: The High-Performance Enabler*



*"I think this course would be beneficial to all police instructors in the region and supervisors to possibly understand personnel who work for them. Great class. I will also use this course in my family life having a 21, 16 and 15-year old. [This training was] helpful] in communications with others, but also to recognize change in me."*

- A.R., NAS, Whidbey Island, WA

*"Added tools and resources for work and life. I'd like to have this course available for all police officers at NBK."*

- D.V., NBK, Bangor, WA

*"This was helpful, a different insight into working as a team."*

- K.P. NBK, Bangor, WA

*"I incorporate process improvements and personal growth each day. This course reinforces what I practice, and it challenges me to look at new concepts. Thank you, Joan, for being energetic and engaging in discussions. I also value all the research and stories you incorporated in with the subject matter/topics.!!!"*

- D.B., NBK, Bangor, WA

*"EQ is vital to every interaction we have w/ others. I will use it at work and home."*

-B.B., NBK, Bangor, WA

*"Will give me tools to be a better leader and build a stronger team. Joan is a true master of the content."*

- L.S., NAS, Whidbey Island, WA

*"Useful – just need to practice. Excellent instructor and materials."*

- C.D., NAS, Whidbey Island, WA

*"Although, in view of other 'management-style courses,' this course's nuances and emphasis in interpersonal communication skills was something I've not experienced in previous federal govt. courses or in college/graduate school. Excellent course."*

- B.T., NAS, Whidbey Island, WA

*"Gave guidance on how to identify daily instances where these skills can be applied. Loved the class. Loved the instructor."*

- P.A., NBK, Bangor, WA

*"These tools are going to improve our work center greatly. Not only was it very useful and informative, it was presented in a way to be easily applied. Thank You!"*

- A.D., NAS, Whidbey Island, WA

*"It was very interesting, and I've learned many things that can help me be more successful. I loved this class and would recommend it to others."*

- L.C., NBK, Bangor, WA

*"Ways to keep emotions in check. Timely with what's going on at work now. Great information. Ways to reduce stress."*

- T.E., NBK, Bangor, WA

*"It's good to reflect and re-evaluate something we do regularly and make adjustments to improve."*

- B.D., NAS, Whidbey Island, WA

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*"Made me more aware of myself, especially in communications. Very useful course – extremely valuable, should be offered multiple times a year."* - C.O., NAS, Whidbey Island, WA

*"Connecting to emotional wellness is essential to life happiness."* - B.R., NAS, Whidbey Island, WA

*"Skills/ideas that can be immediately implemented. Great Class."* - C.N., NBK, Bangor, WA

*"Expanded my brain. Understand myself better. Plan to use the info in personal and professional life."* - Anonymous, CBP, Newark, NJ

*"Very excited to implement and expand knowledge of the techniques and tools provided. It's nice having this topic introduced to supervisors and managers. This opens the doors for more discussions with subordinates and co-workers. THANK YOU."* - Y. W., NAS, Whidbey Island, WA

*"Joan is very professional and engaging. She is very knowledgeable and funny. Kept me interested."* - S.J., NAS, Whidbey Island, WA

*"[The training was] introspective and motivational."* -D.L., CBP, Newark, NJ

*"I didn't realize that EQ started with self."* - E.A., CBP, Newark, NJ

*"I always believed that emotional intelligence was critical to success. I thoroughly enjoyed the class. Thank you for sharing your knowledge and experience with me."* - E.L., CBP, Newark, NJ

*"It gave me more tools in dealing with others. Wonderful as usual."* - C.T., CBP, Newark, NJ

*"I feel the material was useful and can be applied at work and home. The training can be applied to daily life. Excellent class and very well presented. Thank You."* - C.A., CBP, Newark, NJ

*"I will absolutely use what I learned at work. Instructor gave a different perspective on EQ."* - S.B., SSA, Baltimore, MD

*"It helped me to expand my knowledge on EQ."* -N.S., SSA, Baltimore, MD

*"Great information and applicable for SSA Managers."* - Anonymous, SSA, Baltimore, MD

*"I am a supervisor who communicates with executives and my staff. I am currently having performance discussions, so the section on non-verbal cues will assist. I appreciate the instructor's enthusiasm for the topic."* - C.L., SSA, Baltimore, MD

*"Very applicable to job and life!"* -N.H., SSA, Baltimore, MD

*"Very helpful. The information was phenomenal."* - T.M., SSA, Baltimore, MD

*"[The course] provided a lot of useful information and tips. Very informative."* -P.H., SSA, Baltimore, MD

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