



April and May  
Virtual Training



## Emotional Intelligence: The High-Performance Enabler

14 APRIL - OR - 11 MAY 2021

Emotional intelligence, also called EQ, is being aware of and managing emotions and relationships. It's pivotal in *personal and professional success*. IQ gets you in the door, but it's your EQ, ability to develop rapport with others and manage your emotions that determines how successful you are in life.

We've all worked with brilliant people. Some were great, and some weren't. When we look at extraordinary people who inspire and make a difference, we see they do this by connecting with others personally and emotionally. What separated them wasn't their IQ but their EQ. This course gives you the edge by helping you uncover skills you need to achieve great results.

**Objectives:**

- ✦ Assess individual strengths and opportunities for improvement
- ✦ Learn techniques to understand and use EQ at home and work

**Topics:**

- ✦ Recognize and change self-defeating moods and attitudes
- ✦ Recognize and label your emotions as they surface
- ✦ Master the skill of quick stress relief
- ✦ Decipher non-verbal communications
- ✦ Understand the eight different emotions and how to manage them
- ✦ Coach and build emotional intelligence in teams for higher performance
- ✦ Validate emotions in others
- ✦ Create your own personal coaching action plan

**Virtual Platform:** Adobe Connect

**Tuition:** \$239 each for 3 or more registered - \$259 each for individuals.



**Registration or Course Details:** Joan Wisnosky [joanw@jaelimited.com](mailto:joanw@jaelimited.com) 301-948-7636  
[Jae Limited](http://JaeLimited.com), PO Box 59909, Potomac, MD 20859

### **Agenda:**      **One-day Class**      **Pacific Daylight Time**

8:30 Introduction and History of Emotional Intelligence (EQ)  
8:45 EQ vs. IQ  
9:00 Uncovering Your Strengths based on Dr. Gardner's Intelligences  
9:45 The Four Pillars of EQ  
10:00 BREAK  
10:15 Optimism vs. Pessimism and the Relationship to EQ  
10:30 Understanding Emotions  
11:15 Understanding and Managing Stress  
12:00 LUNCH  
1:00 Understanding and Reading Nonverbal Communications  
1:45 Validating Emotions in Others and Expressing Empathy  
2:30 BREAK  
2:45 Motivating Yourself and Others  
3:15 Building Emotional Intelligence in Teams  
3:45 Creating a Personal Coaching Plan of Action  
3:30 ADJOURN



**Schedule**  
GS-02F-0097N