



Expand your skills, invest in your team!

Impact of Emotional Intelligence on Leadership

(#1 of 6 of EI workshop Series)

Date & Time: Tuesday, September 21, 2021 at 9:00am to 12:00pm

Cost: \$235 for 1 workshop or \$440 for 2 workshops or \$1230 for all 6 in EI Series
(Impact of Emotional Intelligence on Leadership- Sept 21; Emotional Intelligence and Success in the Workplace- Nov 30; Using Emotional Intelligence to Give, Receive & Solicit Feedback-Feb 24; Resolving Conflict Through Mastering Difficult Conversations-March 24; Cultivating Emotional Resilience – April 13; Engaging Remotely Using Emotional Intelligence- May 25) Note: You must register for all 6 at the same time to get the series price

Location: Virtual/Zoom

Description: While it may sound counter-intuitive to tune into and focus on emotions in the workplace, it is an active component in effectively leading today's diverse workplace. From a business perspective, understanding the attitudes and behaviors of your people is critical. It is the people, not things, which create an organization's competitive advantage, and when you start treating people as people, it's incredible what they can accomplish.

Professionals with high emotional intelligence have exceptional self-awareness, better control of their actions, and empathy for others. An increased level of emotional intelligence can also help individuals manage stress better, build healthier relationships, and be more successful in work and life. These qualities are all vital elements of effective leadership.

In this engaging workshop, you will learn the importance of emotional intelligence and how crucial it is to be an impactful leader. This program provides practical strategies and techniques to help master the challenges you face throughout your everyday work life and improve your leadership effectiveness. You will walk away learning how to develop and enhance your 15 emotional intelligence competencies and how these competencies impact your professional and personal lives.





Expand your skills, invest in your team!

Learning Objectives:

- Discover what emotional intelligence is and why it is critical to leadership.
- Learn about the EQ-i 2.0 model, explore its five composite scales and determine how the 15 EI competencies impact leadership effectiveness.
- Gain an awareness of your emotional quotient or "EQ" and generate a plan for self-development.

To register go to sou.edu/professional

About the Presenter: As a professor with the School of Business at Capilano University, Carolyn Stern pioneered the integration of Emotional Intelligence into Capilano's curriculum. An Emotional Intelligence and leadership development expert, Carolyn combines real-world experience as both a business leader with more than two decades as a trainer and educator. Her company, EI Experience, provides leadership development and emotional intelligence training for all management levels and businesses of all sizes and scope. Since launching EI Experience in 2017, Carolyn has helped more than 10,000 business leaders leverage their emotional intelligence skills to connect with their diverse workforce and develop high-performing teams. www.carolynstern.com www.eiexperience.com

Social Media For Carolyn Stern: [Facebook](#), [Twitter](#), [LinkedIn](#), or [Instagram](#).

Social Media For EI Experience: [Facebook](#), [Twitter](#), [LinkedIn](#), or [YouTube](#).

Blog: [Carolyn Stern Blog](#) | [EI Experience Blog](#)

YouTube Channel: youtube.com/carolyntalks

