



*Expand your skills, invest in your team!*

## Using Emotional Intelligence to Give, Receive, & Solicit Feedback

(#3 of 6 of EI workshop Series)

**Date & Time:** Thursday, February 24, 2022 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:** One of the most important skills you can learn is giving, receiving, and soliciting feedback effectively. A large part of leadership is providing feedback to someone to clearly understand how well they're doing or where they need improvement. You want to reinforce positive behaviors and correct ineffective ones.

But, many of us often think of feedback as uncomfortable. Let's face it; while the skillful exchange of feedback can be very fruitful, it can be challenging to be criticized, and it can be equally challenging to provide constructive feedback. However, suppose we embrace feedback as a developmental tool essential for improving performance. In that case, we can shift how we approach giving, receiving and soliciting feedback from a place of curiosity and kindness. Influential leaders provide feedback in such a way that it makes a positive difference.

This engaging workshop addresses the skills and practices necessary to give, receive and solicit feedback. We will introduce a framework for providing both positive and constructive feedback. You will walk away with steps to follow in soliciting and receiving feedback with grace, ultimately changing how feedback is perceived in your workplace.





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**Learning Objectives:**

- Understand the value of both praising and constructive feedback within an Organization
- Discover the fundamental principles and skills needed to give, receive and solicit feedback effectively.
- Prepare and practice giving, receiving and soliciting feedback.

***To register go to [sou.edu/professional](http://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](http://www.carolynstern.com) [www.eiexperience.com](http://www.eiexperience.com)

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