



# EMOTIONAL INTELLIGENCE WORKSHOP

**Facilitator: Briana Dudley, Industrial Psychologist**

What distinguishes great leaders from mediocre ones? Studies have shown that it is not someone's IQ or technical skills, it is their Emotional Intelligence (EQ). EQ is a set of five skills that enable the best leaders to maximize their performance and the performance of those people they manage. In this workshop, you will learn the following:

- What Emotional Intelligence is and why it is important in the workplace.
- The five areas of Emotional Intelligence: Self-Awareness, Self-Regulation, Motivation, Social Awareness and Social Regulation.
- Your Emotional Intelligence level (via an online assessment).
- How to improve your Emotional Intelligence.

**Where: Corsini Consulting Group, LLC**

**When: March 13<sup>th</sup>  
from 9:00 a.m.-  
12:00 p.m.**

**Investment: \$299  
(includes an online  
EQ Assessment)**

**To register, please  
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