

Carol Price
“Professionally Speaking”

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A Different Kind of Speaker
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Program Title		Emotional Intelligence (“EI”)	
Hours	3 - 5	Presentation Format:	Microsoft PowerPoint
Course Description		<p>In today’s fast paced world of competitive workplaces and chaotic personal lives, each of us is searching for effective tools that can make our schedules, behaviors, and relationships more manageable. This dynamic program shows how understanding and utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential.</p>	
Highlights		<p>This program is packed with research on emotional intelligence and offers an easy to understand format with cut-to-the-chase information, demonstrating how this “other kind of smart” helps to decrease our stress, increase our productivity, understand our emotions as they happen and interact positively with those around us.</p>	
Special Points		<p>Participants will learn to:</p> <ul style="list-style-type: none"> • Engage the four unique areas of “EI”: self-awareness, self-management, social awareness, and relationship management • Increase their “EI” through the use of these skill building techniques • Apply EI at work, to develop leadership skills and improve teamwork, making you a better manager and desirable employee • Practice your “EI” outside the office to benefit your relationships with loved ones, friends and acquaintances • Access the link between your “EI” and your physical well being to improve your overall health • Measure your current “EI” through a group “EI” appraisal 	