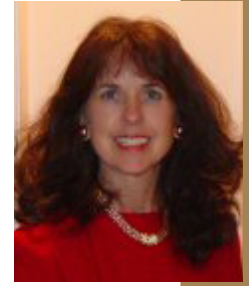


Emotional Intelligence: The High-Performance Enabler

April 14 or May 11, 2021

8:30 AM – 3:30 PM



Joan Wisnosky

Trainer, GSA Schedule Contractor, and Executive Coach

Overview: Emotional intelligence, also called EQ, is the ability to be aware of and to manage emotions and relationships. It's a pivotal factor in *personal and professional success*. IQ will get you in the door, but it's your EQ, your ability to develop rapport with others and manage your emotions, that will determine how successful you are in life!

We've all worked with smart people. Some of them were great and some weren't. When we look at the truly extraordinary people who inspire us, we see they connect with people personally and professionally. What differentiated them wasn't their IQ but their EQ – their emotional intelligence. This course will give you the EQ edge by helping you gain the *“people skills”* you need to achieve significant results.

The student manual is valuable for coaching others.

Objectives:

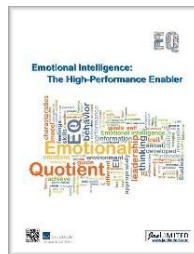
By the end of the course, you'll know how to change self-defeating moods and assess strengths and opportunities for improvement.

Topics:

- Recognize and change self-defeating attitudes
- Recognize and label emotions as they surface
- Master the skill of quick-stress relief
- Build EQ in teams for higher performance
- Create a personal action plan

Manual Sections:

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Management
- Personal Coaching Action Plan



Registration and Inquiries:

\$239 for 3 or more registered

\$259 for individuals

Workbook Preview: <https://jaelimited.com/wp-content/uploads/2018/10/EQ-Manual-Preview.pdf>

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