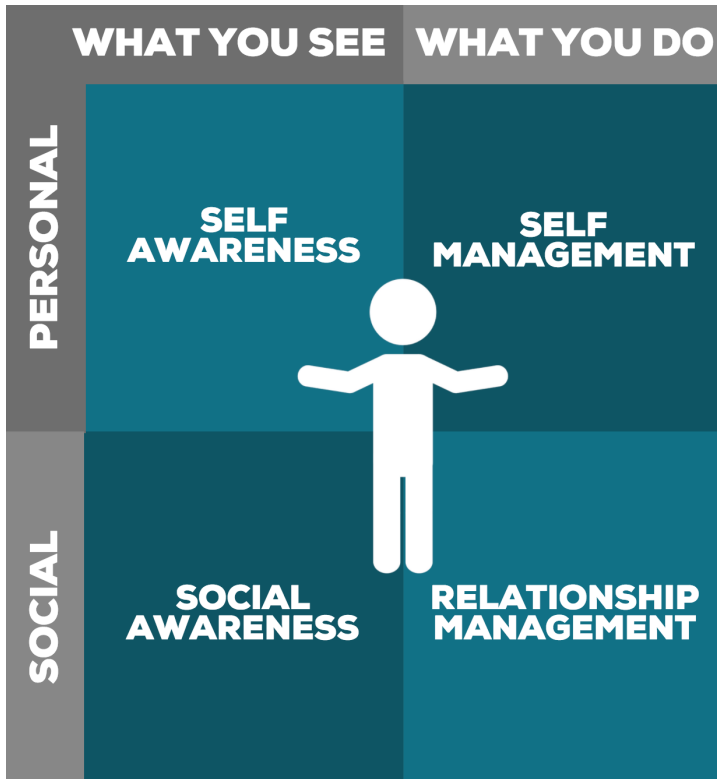


# EMOTIONAL INTELLIGENCE



90-MINUTE (LIVE) VIRTUAL OR 1/2 DAY IN-PERSON TRAINING

## WHAT'S IT ABOUT?

In the mind-blowingly fast pace at the office, many of us strip down to the simplest and shortest means to the finish line. This feels efficient in the moment, yet can also unintentionally sabotage your results because it tends to lack the collaboration, innovation, and insights that come when you add a conscious layer of others-orientation to your work.

Attend this session to explore how to use social awareness and relationship management to amplify your performance. Although it seems time consuming, it is possible to exercise deep listening, empathy, and individualizing without adding two hours to each work day.

**HOW DO YOU SEE YOURSELF?**  
**HOW DO YOU SEE OTHERS?**  
**HOW DO OTHERS SEE YOU?**

**AND WHY DOES IT MATTER AT WORK?**

## TWO FRAMEWORKS FOR THINKING

Participants will explore insights from the two frameworks you see pictured here. First, you'll explore the four areas and levels of emotional intelligence (EQ) in each - and the impact on performance. The other is a modified "Johari Window." You'll use it as a filter to spot natural talents and tendencies you can apply at work as you are considering what parts of you are known and unknown to others.



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