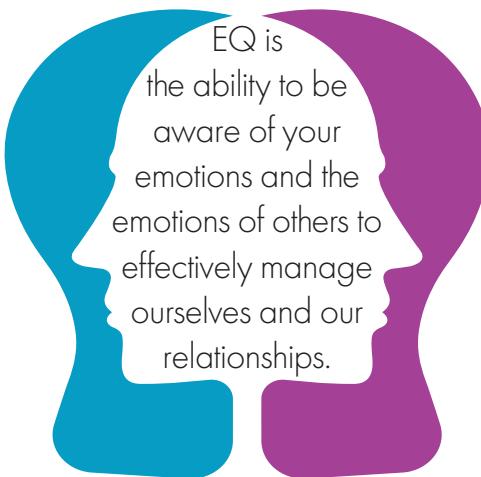


# EMOTIONAL INTELLIGENCE



To see our other workshops, visit <https://rebrand.ly/alsp0j7>

**Emotional Intelligence or "EQ" is one of the greatest predictors of workplace success. Unlike IQ, it can be developed and improved with practice. In this workshop, you will learn how important EQ is for job search and work performance. You'll also learn strategies to improve your own EQ.**



## Personal Capabilities

### SELF-AWARENESS

Being aware of your emotions

- Seek feedback
- Know who and what pushes my buttons
- Watch myself like a hawk

### SELF-MANAGEMENT

Appropriately responding to your emotions

- Breathe and count to ten
- Add a mental recharge to my schedule
- Visualize myself succeeding

## Social Capabilities

### SOCIAL AWARENESS

Being aware and accurately identifying the emotions of others

- Pay attention to body language
- Practice the art of listening
- Step into their shoes

### RELATIONSHIP MANAGEMENT

Strengthening interactions through self-management and social awareness

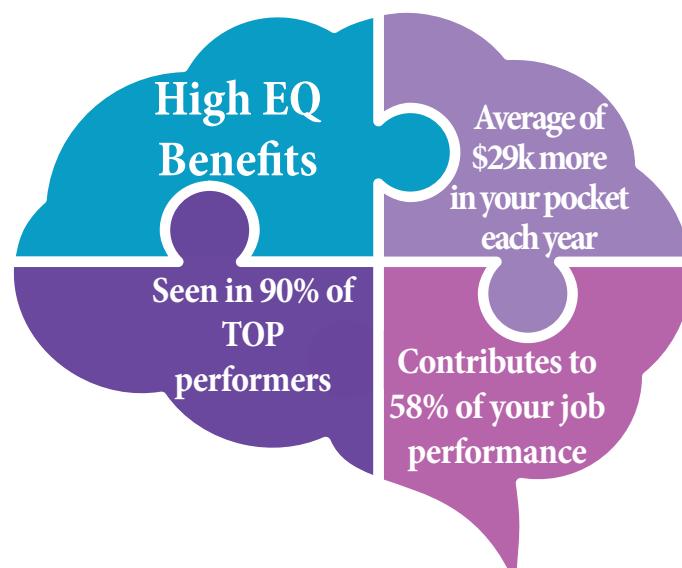
- Be open and curious
- Take feedback well
- Explain my decisions

## HIGH EQ INCREASES

- Social relationships
- Empathy
- Open-mindedness
- Self-worth
- Mental and physical health

## WORK PERFORMANCE

- Enhanced Leadership Skills
- Improved Conflict Management
- Effective Communication
- Active Listening
- Ability to Cooperate



**"It is very important to understand that emotional intelligence is not the opposite of intelligence, it is not the triumph of heart over head - it is the unique intersection of both."**  
- David Caruso



**ARAPAHOE COUNTY**



**DOUGLAS COUNTY**  
COLORADO

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