

## Expanding Your Emotional Intelligence

### Overview

Incorporating powerful tools and classroom activities, students will practice and hone their skills, mastering the strategies learned to effectively communicate, connect with, and support others through healthy and productive interactions.

### Target Audience

Those desiring to achieve and apply emotional self-awareness and management to enhance their professional careers as well as realize their personal goals.

### Course Objectives

- After completing this course, students will know how to:
- Identify the key competencies of emotional intelligence
  - Develop a learning path to enrich your EI
  - Gain better control over your behavior under duress
  - Enhance your communication skills and competencies
  - Learn to thrive under stress
  - Develop gratitude and strength of character
  - Build a meaningful life balance and your authentic self

### Course Outline

#### 1 - The History of EI

Defining Emotional Intelligence  
 Understanding the 5 Components of Emotional Competence  
 Using an Emotional Vocabulary

#### 2 - Can You Learn EI?

Learning to Be Emotionally Competent  
 Developing Self-Awareness  
 Building Trusting Relationships

[Register Online](#)

### Schedule

Class Length: 3 Days

G2R = "Guaranteed to Run"   OLL = "Online LIVE" ILT = "Instructor-Led-Training"				
08/19/20	9:00AM - 5:00PM	Norfolk-Virginia Beach, VA	OLL	\$2,250.00
12/09/20	9:00AM - 5:00PM	Norfolk-Virginia Beach, VA	OLL	\$2,250.00

### **3 - Enhancing Your Communication with EI**

Creating a Powerful First Impression  
Using Body Language  
Communicating with Flexibility and Authenticity

### **4 - Emotions & Behavior**

Expanding Your Emotional Toolbox  
Applying Mindfulness  
Offering Your Attention and Acceptance

### **5 - Emotions Under Stress**

Knowing Yourself  
Applying the Right Emotions at the Best Time  
Managing the Modes of Cognition

### **6 - Gratitude & Strength of Character**

Cultivating Enthusiasm, Confidence, Trust, Tenacity, and Character  
Understanding the Role of EI at Work  
Disagreeing Constructively, Applying Passion and Fostering Optimism

### **7 - Meaningful Life Balance & Authenticity**

Leading by Example  
Giving In Without Giving Up  
Making Authenticity a Part of You DNA

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