

The King County Non-Profit Staff Development Coalition Project (NPSDC)

www.learningconnections.org/coalition

presents ...

Understanding and using EMOTIONAL INTELLIGENCE in relationships, your work and your personal life

Thursday | March 27, 2008 | 8:30am – 4:30pm

Location: Safeco South Jackson Street Center | 306 23rdAve. South, Suite 200 | Seattle WA 98144

In 1995, Daniel Goleman wrote *Emotional Intelligence: Why it Can Matter more than IQ* and showed the world the factors at work when people of high IQ flounder and those of high Emotional Intelligence do surprisingly well. The factors surprised the world because until that time it was believed that mental intelligence was the greatest predictor of life success. The next 8 years science and psychology have continued to show, through the study of stress, brain science and human physiology, that emotional intelligence may be the greatest determiner for success in work and life.

Emotional Intelligence (EI) is the capacity for recognizing our own feelings and those of others and for motivating ourselves to managing emotions well in ourselves and in our relationships. Awareness of our own emotional states is the foundation of EI mastery.

In this interactive workshop you will learn how stress, the brain and emotional intelligence interface. You will also have the opportunity to assess your Emotional Intelligence and be given basic tools to understand your results and how to influence them. After this workshop, you will be more aware of and learn to manage your own emotional triggers and be better able to manage situations in which your emotions are being challenged both at work and at home. Throughout the day you will experience various activities designed to assist you to understand your neurological pathways and practices that will give you greater ability to remain in present time and make excellent choices in managing your emotions.

Participants will ...

- respond to an EI self-assessment.
- learn how neurological pathways enhance or control our choices.
- learn EI self management skills and interventions.
- be able to understand and recognize the characteristics of emotional intelligence.
- be able to use at least three techniques to enhance their emotional intelligence.
- become more emotionally self aware and emotionally aware of others.

(This workshop has been designed for all staff).

TRAINER: Janaki Severy

WORKSHOP FEE

Coalition Member Organization:

\$75 per participant [for 1-2 staff from member organization]
\$65 per participant [for 3-5 staff from member organization]
\$55 per participant [6 or more staff from member organization]

Non-Member Organization:

\$100 per participant

Lunch will be on your own.

Continuing Education Units/Clock Hours

Participants can register for Highline Community College **Continuing Education Units (CEUs)**.
The cost is \$10.00 per course. CEU forms are available at the workshop.

Free Clock Hours available at the workshop.

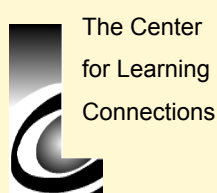
REGISTER ONLINE TODAY !! *(space is limited)*

To register online, go to: <http://www.learningconnections.org/coalition/workshops/2008/mar27>

Contact

For more information about this workshop, contact **Anna McCain (206) 870-5908** or E-mail: amccain@highline.edu

A project of



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