

*"Give me one day with your people, and I'll give you employees you can count on in tough times."* 



Mike Roberts President, PDS

## **"Boost" Your Emotional Intelligence**

Enhance your workplace relationships and turbo-charge your career!

Cutting-edge research into emotional intelligence has shown that it plays a critical role in higher productivity, performance, and job satisfaction. People who have a high level of emotional intelligence are more confident, more capable, and earn a greater respect from their colleagues. Come Experience this transformational seminar.

## Workshop Agenda

- Evaluate your current level of emotional intelligence.
- Identify your communication strengths and weaknesses.
- Overcome personal beliefs that might be holding you back.
- Understand how your emotions affect others – and how their emotions affect you.

## **Experience These Benefits**

- ✓ Key characteristics of emotional intelligence.
- The Self Assessment Checklist will help you determine your current emotional intelligence.
- How your right brain and left brain work together and against each other to affect your emotional reactions.
- Attitude, ability, and motivation...how emotions affect them all.

"When you speak our participants not only gain a wealth of knowledge, but they also have a great time. Your humorous delivery of much needed information makes a lasting impression." Lou Harris, Training Specialist ARK-TEX Counsel of Governments

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