

## Leading with Emotional Intelligence

Is IQ or EQ more important in today's world? Which one will enable us to be more effective, positive, and successful? This highly interactive training explores the concept of emotional intelligence and the role it plays in positive thoughts and relationships with ourselves and others.

### **BENEFITS:**

- What is EQ?
- Interpersonal skills
- Intrapersonal skills
- Adaptability
- Resilience
- Methods of communication
- Problem solving
- Analyzing your thinking
- Self-confidence

