Emotions are a form of intelligence that is 80K times faster than the “higher thinking” rational brain. Learning to understand and manage our emotions means that we can utilize this form of intelligence to make better decisions, and manage our work and relationships so that we are happier, healthier, and more productive. Learn scientifically proven ways to manage your emotions and how to better understand their power and purpose. Basic Emotional Intelligence skills include: Self-awareness, Self-regulation, Empathy, Conflict Management, Resourcefulness/Optimism.

Participants will:

- Understand the Basics of Emotional Intelligence Research
- Assess Their own Emotional Intelligence
- Explore Personal Triggers and the Fight Flight Response
- Understand How to Manage our difficult emotions
- Explore Ways to Develop Empathy
- Practice Ways to Manage Emotions During Difficult Conversations
- Explore Personal Self-Talk and Optimism