



Your Total Training Resource

## **Expanding & Strengthening Your Emotional Intelligence: *The Key to Better and More Powerful Relationships* Virtual Workshop**

In today's fast paced, globally connected and competitive world, understanding Emotional Intelligence and using it on a practical day to day basis is critical to the success of the modern organization and individual professionals.

Through your active participation, you will learn and practice the EI skills that are core to achieving personal awareness, connecting with others, better self-management, managing stress, building resilience, collaboration and over all relationship management. Empathy as well as resilience are essential to becoming better modern professionals.

### **Some EQ Facts:**

- 34% of hiring managers place greater emphasis on EQ vs. IQ.
- IQ is set around age 7, personality around our mid to late 20's. Emotional intelligence grows throughout our lives if you work on it.
- Promotional candidates with higher EQ beat high IQ candidates.
- For leadership positions EQ accounts for 80% of job performance.
- 65% of performance on the job is due to things like self-awareness, managing one's emotions and building effective working relationships.
- Most important, EQ can be increased unlike IQ.
- Emotional intelligence brain growth can continue throughout our lives through neuroplasticity.
- Increased EQ accounted for more effectiveness and productivity in the workplace.
- To avoid and better manage conflict.

### **This workshop will be a value to:**

- All levels of leadership including senior management, managers and supervisors by developing a better understanding of themselves and their teams as it relates to relationships and motivation.
- All employees to increase their personal productivity, effectiveness, creativity and relationships.

### **How You Will Benefit:**

- Understand EQ and develop better relationships through application of principles.
- Learn how to give and receive feedback in an emotionally intelligent way to create better results.
- Make better decisions for yourself and the team.



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- Increase personal influence and power to inspire.
- Understand ourselves and others to make quantum leaps in productivity.
- Faster and clearer thinking
- Learn how to pick up on emotional data to create better solutions.
- Integrate the power of curiosity, empathy and vulnerability in building better relationships.
- Identify how each of us is unique and use that as a directional tool in communicating.
- Learn why neuroplasticity and continuous growth is so important to the modern day professional.
- Reduce your stress and bring more joy and fulfillment to your day.
- Techniques to use to motivate oneself.
- You will intuitively know how to handle situations that use to baffle you.
- Managing your reactions to your emotions.
- And more...

## Registration Information

**Time:** This is a 6.5 hour virtual workshop 9am – 4:30pm with 1 hour lunch break.

**Pricing:** The per person fee for 1-2 participants is \$335.00; for 3 or more the fee is \$295.00 per person.

### Other Information:

- The session will be delivered on the Zoom platform so all participants will work from their own workspace and use their own computer. Zoom has video capability but, if the participant's computer is not equipped with a camera, audio will also work.
- To register we will need the name of each participant and their email address.
- Five (5) days before the date of the session we will send each participant an electronic copy of the course materials. Additionally, we will provide a link of a Meeting ID that when clicked on will allow the participant to enter the training room. For those signing up less than 5 days prior, it will be no problem as we will immediately provide this information.
- Participants should enter the Zoom training room at least 15 minutes (8:45 AM) before the start time.
- The session will be limited to 20 participants to allow for, and ensure, maximum interaction, participation and engagement.

**To register** or for additional information either email, phone or complete the [online registration form](#).

**Email/Phone:** Ken Keller (kkeller@c-kg.com 847-331-9497) or Darryl Harris (darryl.ckg@gmail.com 630-730-4393) or Sue Malan (smalan@c-kg.com 630-495-0505)

**Register online:** [Complete form by clicking here](#). If you register online, a confirmation email will be sent to you with next steps and payment details. Please note we accept checks as a form of payment.

**[To see a complete list of our current workshops click here.](#)**

Customized onsite workshops are also available in person and virtually and are instructor led. Please contact us with any questions.