

Title:	EQ Connections
Competencies Incorporated:	Communication, Diversity and Inclusion, Leadership
Course Goals:	EQ Connections provides participants with an expanded understanding of their EQ-i 2.0 results and how to further develop their emotional intelligence skills in the workplace. An individual who has a high level of emotional intelligence (EI) can manage their own impulses, communicate with others effectively, manage change well, solve problems, and have meaningful social interactions. These individuals also have empathy, remain optimistic even in the face of adversity, and are often highly influential. These qualities are essential for success in today's business world, across industries and job levels
Course Objectives:	When participants complete this series, they will: <ul style="list-style-type: none"> • Understand emotional intelligence through the lens of the EQ-i 2.0 model • Develop an understanding of the EQ-i 2.0 model and an appreciation of the impact of their own emotional intelligence quotient (EI) profile via: <ul style="list-style-type: none"> ▪ Interpretation of the individual results ▪ Comprehensive review of the 5 Composites and 16 Skills (including Well-Being) • Have strategies to strengthen their EI skills to increase the quality of their personal and professional relationships
Instructor:	Alison DePenning depennin@iastate.edu 515-294-7033
Where:	Virtual or Face to Face
Time Requirement:	6 hours
When:	Dates vary– contact Professional Development
Who Should Attend:	Anyone interested in learning strategies to increase their emotional intelligence skills and improve your professional and personal relationships

Course Benefits:	Participants focus on the framework of the EQ-i 2.0 model, how to interpret their personal report, and deepen their understanding of how emotional intelligence influences your life. Following your completion of the EQ-i 2.0 assessment, this training series will help you to finetune your approach to EI and be more purposeful and deliberate in your relationships.
Cost to Participants:	\$115
Prerequisites:	<ul style="list-style-type: none">• Pre-work (assessment) approximately one hour
Format:	Virtual or Face to Face
Equipment/Materials Needed:	<ul style="list-style-type: none">• Equipment: virtual delivery will require reliable internet access, a microphone (preferred – telephone alternate), and a camera (preferred - optional).
Maximum/Minimum Enrollment	25 maximum 12 minimum