

Title:	Emotional Intelligence: A Pathway to Self-Understanding and Improved Leadership
Competencies Incorporated:	Communication, Leadership, Diversity and Inclusion, Supervision, Interpersonal Relationships and Intrapersonal Relationships
Course Goals:	<ul style="list-style-type: none"> • Recognize what emotions you are feeling and why. • Manage your responses to them. • Recognize what emotions others are feeling and have a sense as to why. • Respond to them effectively.
Course Objectives:	<p>Participants will be able to:</p> <ul style="list-style-type: none"> • Define Emotional Intelligence (EI) • Identify the benefits of having higher emotional intelligence • Define self-management, self-awareness, self-regulation, self-motivation and empathy • Identify growth areas via the EQ-I 2.0 assessment • Learn the skills required to increase emotional intelligence • Recognize an Action Plan • Implement these concepts and techniques in the workplace
Instructor:	Alison DePenning depennin@iastate.edu Julie Hlas hlas@iastate.edu
Where:	Location determined by host site request. See Professional Development event webpage for a listing of all offerings.
Time Requirement:	8:15am-12:15pm OR 12:30pm-4:30pm
When:	Workshops offered by request, contact Alison DePenning at depennin@iastate.edu to schedule.
Who Should Attend:	Appropriate for all Extension and Outreach staff and faculty and builds capacity in the following competencies: Leadership Development, Inter and Intrapersonal Communication, Supervision, Professionalism, Diversity and Inclusion.

Course Benefits:	Emotional Intelligence refers to a distinct combination of emotional, social skills and competencies that influence our overall capability to cope effectively with the demands and pressures of work and life. This workshop utilizes an instrument that provides an intuitive framework to address questions at an individual, team, and organizational level.
Cost to Participants:	\$90 per participant Fee is non-refundable once EQi-2.0 assessment has been completed.
Prerequisites:	<ul style="list-style-type: none">• Participants must take assessment provided prior to workshop.• Participants MUST completed consent for prior to workshop.
Format:	<ul style="list-style-type: none">• Face-to-Face
Equipment/Materials Needed:	<ul style="list-style-type: none">• Host site will provide screen and speaker system• Facilitators will provide all other materials
Maximum Enrollment	<ul style="list-style-type: none">• 25 with 10 minimum