Emotional Intelligence:
Using Emotional Intelligence as a Leadership Tool
February 19, 2016 | 8:00 a.m. - 12:00 noon | Auburn, AL

Earn Continuing Education Credits:
.4 CEUs (Auburn University) | 4 CPEs (ALSBPA) | 3.75 PDCs (SHRM)

8 ways Emotionally Intelligent People Deal with Difficult People

1. They establish boundaries and avoid being led down a path that jeopardizes their ability to be productive.
2. They don't allow the negative comments of others to negatively affect their sense of accomplishment.
3. They are able to remain calm in the face of chaos.
4. They don't allow negativity to affect their ability to achieve goals.
5. They understand the importance of support in coping with difficult people.
6. They are self-aware of the "hot-button" issues that trigger negative feelings and, as a result, are better able to prevent negative reactions to difficult situations.
7. They are capable of forgiving, but not forgetting, whom they can trust.
8. They understand how to "pick and choose" their battles strategically to avoid wasting energy on situations that don't matter.

What is emotional intelligence, and how does it play a vital role in leadership?

The most effective leaders are all alike in one crucial way; they all have a high degree of what has come to be known as emotional intelligence. - Daniel Goleman, Rutgers University.

Emotional Intelligence (EQ) is the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and with empathy. At its most basic level, emotional intelligence is the ability to work effectively with different types of people in the workplace. As a leadership tool, emotional intelligence provides a leader with the ability to analyze, interpret, and assess the environment and use that information to inform the decision making process.

Researchers and business experts agree that people with high emotional intelligence are consistently the top performers in their organizations. They are more resilient and flexible when things get tough.
In this emotional intelligence leadership course, you will increase your personal leadership by learning how to manage your emotions in your most difficult moments, enabling you to perform and lead at your best, and connect with others in a more meaningful way.

**Benefits of attending Auburn University's Emotional Intelligence course:**

- Discover how feelings, reactions, and emotions affect professional relationships.
- Learn to work easily with different personality types.
- Learn to understand your emotions and how to influence the emotions of others in a positive way.
- Learn to achieve consensus among your co-workers faster and with fewer opportunities for misunderstanding.
- Learn to identify your "triggers" and practice productive ways of reacting to them.

**Interested in learning more about using Emotional Intelligence as a leadership tool?**

**Register now and reserve your seat!**

**Emotional Intelligence: Using Emotional Intelligence as a Leadership Tool**

**February 19, 2016 | 8:00 a.m. - 12:00 noon**

**Registration Fee: $149.00**

**Early Bird $129 by February 5, 2016**

**Credits Awarded Upon Completion:**

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This program is pre-approved to offer 4 PDCs toward SHRM Re-certification.

"The use of this seal is not an endorsement by the HR Certification Institute of the quality of the program. It means that this program has met the HR Certification Institute’s criteria to be pre-approved for recertification credit."
About the presenter.

Lori King-Taylor

has extensive experience in leadership development and organizational effectiveness and has worked with a wide variety of industries including automotive, financial services, manufacturing, aerospace, technical and non-profit organizations. Lori specializes in helping companies and their employees develop the skills and strategies needed to improve individual, team and organizational performance.

Lori holds a bachelor's degree in Adult Education from Athens State University and a Master of Education in Training and Development from The Pennsylvania State University. She has spent over 20 years working in the training and OD field serving as Training Director, International Training Manager, and Director of Career Development for large corporations and universities in the US. She is certified to administer the Everything DiSC Personality Assessments, and the Index of Emotional Intelligence. She is a Certified John Maxwell Trainer and Executive Coach and in 2014, Lori had the prestigious honor of speaking at the TEDx conference.

Who should attend?

- Organizational leaders
- Managers and Supervisors
- Project Managers
- Human Resources Professionals

Key outcomes of the course:

- Discover how feelings, reactions and emotions affect professional relationships.
- Learn to work easily with different personalities and communication styles.
- Learn to understand your emotions and how to influence the emotions of others in a positive way.
- Learn how to achieve consensus among your co-workers, faster and with fewer opportunities for misunderstanding.
- Learn to identify your "triggers" and practice productive ways of reacting to them.

Register now to learn more about Emotional Intelligence and how it can be one of the most valuable leadership tools you use!

Register online, or by calling 334.844.5100.

Office of Professional and Continuing Education
301 O.D. Smith Hall | 135 S. College Street
Auburn, AL 36849

334.844.5100 | opce@auburn.edu

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