

Emotional Intelligence Training Course - Curriculum



This eight-session course will take you on an emotionally intelligent journey to discover yourself and learn how to consistently be the best person you can be both at work and at home. **Must register for the full course.**

Pre-work: Emotional Intelligence 2.0 Assessment

Session 1 & 2: Establishing the Foundation of Emotional Intelligence

- Assessment Review
- The Emotional Intelligence Model
- The Johari Window
- The Science of Emotional Intelligence
- Using Emotions Intelligently
- The Four EI Skills

Session 3: Creating your own Core Values and Understanding your Why

- Understanding the Big Picture
- Know and Manage Your Triggers
- Creating your own set of Core Values
- Discovering your unique "Why"

Session 4: Self Awareness – Emotional Self-Awareness. Accurate Self-Assessment. Self-Confidence.

- Understanding Self Awareness
- Why your Why matters
- Cementing Your Values
- Emotional Burnout
- Improving Self-Awareness & Emotional Control

Session 5: Self-Management - Emotional Self-Control. Initiative. Optimism.

- The Science of Optimism
- Self-Control
- Trustworthiness
- Conscientiousness
- Adaptability
- Achievement Orientation
- Initiative

Session 6: Social Awareness – Empathy. Organizational Awareness. Service Orientation.

- Reading the Room
- Recognizing Facial Expressions
- Generational Management – understanding different needs
- Becoming a Servant Leader
- Genuine Empathy
- Organizational Awareness

Session 7: Relationship Management – Developing Others. Inspirational Leadership. Conflict Management.

- Being the Best Leader You Can Be
- Leading at every level
- Inspiring, Challenging & Supporting
- Understanding our Conflict Styles
- Recognizing & Managing Conflict

Session 8: Charting our Progress and Creating the Path Forward

- Re-assessment of your progress
- Celebrating Wins
- Sustainability and Continued Growth
- Charting a new course
- Keeping your Emotional Intelligence Front and Center



Register online at GreaterRochesterChamber.com.

Seminars are held online via virtual platform. A link will be provided after you register for the class. A certificate of completion will be provided after the training.

Cost:

Special Price Discount for 2021

- **\$250: Rochester Chamber members**
- **\$400: Non-members**

Questions? Contact:

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