

4. Origins of EQ

- Our EQ is the sum total of our conditioning to date. This module will explore the many sources of conditioning that have served us well in our development and perhaps have not and the role natural brain wiring (temperament) plays as well. Participants will be asked to assess their conditioning and how that plays into their emotional life today.

5. An expanded view of personality and brain wiring and what “immature” behavior (low e.q.) looks like uniquely through temperament.

6. The Chain Reaction – How our emotional response plays out in our brain and how our thinking, chemical responses, and physical responses are manifested.

7. Your Power Point – A practical “self-coaching” process is revealed that will enable attendees to self manage “the chain reaction.” (In essence, to gain power over one’s emotions.)

8. EQ in Managing Conflict – practical techniques will be presented to help manage a potentially volatile situation and minimize escalation of unwanted conflict.

The contents of this workshop can be delivered in a variety of time frames; full day, ½ day, even a keynote. Just let me know what your needs might be.

Additionally, if you have any doubt that this is an essential topic in your staff development repertoire, download the white paper – *A Business Case for Emotional Intelligence*. It’s located on the Free Resource Page of my website – www.joanncorley.com. This report provides quantitative data on the impact emotional intelligence plays to a variety of business operations factors.

Or, you can use this link to access: http://www.joanncorley.com/Free_Resources.html

I look forward to hearing from you.

JoAnn Corley