

Classroom Course Description

Lessons in Leadership

*This program, facilitated by Training Services Division staff, features the best in leadership and management thinking through a taped presentation from an internationally/nationally recognized expert. **Who Should Attend:** This program is recommended for anyone employed at DHMH.*

Emotional Intelligence 2.0: Taking Your Game to the Next Level

Speaker: Travis Bradberry

How much of an impact does emotional intelligence have on your professional success? The short answer is: a lot! It's a powerful way to focus your energy in one direction with a tremendous result. Your emotional intelligence is the foundation for a host of critical skills—it impacts most everything you say and do each day.

Each of us is looking for new and powerful ways to manage, adapt, and strike out ahead of the pack. In this session Travis Bradberry will enable you to capitalize on your emotional intelligence—a skill set that's responsible for 58% of your job performance.

You will learn:

- What EQ is, how it works and why it's a skill we're all hard-wired to rely upon.
- The critical connection between EQ and your job performance.
- A step-by-step process loaded with proven techniques for increasing your EQ.