

What's Your EQ?



Emotional Intelligence (EQ) is the cutting edge science which teaches us how to identify, assess, and control the emotions of oneself and others. Think of the benefits that can be gained by developing EQ!

*Better work environment

*Happier and more loyal employees and customers

*Stronger bottom line

*Good people / relationship skills

*Increased fulfillment and success in life

Our dynamic EQ training will reveal the 5 competencies of EQ and guide you through specific activities to increase your proficiency in each competency. The competencies are self-awareness, self-regulation, motivation, empathy, and effective relationships. You will leave our training with a firmer grasp of why we are wired to act the way we do and consequently how to channel our actions to more productive behavior. This is an opportunity to gain valuable insight into yourself and co-workers.

EMOTIONAL INTELLIGENCE

LOCATION:

Business Resource Center
630 W. 19th Street,
Merced, CA 95348

DATES, TIMES & COST:

SESSION #1

February 21 & 28, 2012 from 8:30-12:30 p.m.

\$99/participant for the Early Bird Registration Fee
if Paid by 12/16/11

(25% discount if team of 3 or more
from the organization)

\$129/participant for the Registration Fee
if Paid after 12/16/11

(15% discount if team of 3 or more
from the organization)

SESSION #2

May 22 & 29, 2012 from 8:30-12:30 p.m.

\$99/participant for the Early Bird Registration Fee
if Paid by 3/16/12

(25% discount if team of 3 or more
from the organization)

\$129/participant for the Registration Fee
if Paid after 3/16/12

(15% discount if team of 3 or more
from the organization)



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For more information
or to reserve your seat, contact the
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or carol.roscelli@mccd.edu