Emotional Intelligence matters.

Whether you are aware of them or not, emotions are intertwined in everything you think, do, and say each day on the job, in your career and throughout your life. Emotional intelligence (EQ) is how you handle yourself and others on the job. Your EQ consists of four core skills:

- **SELF-AWARENESS**: Awareness of your own emotions and tendencies and understanding your strengths and personal style opens doors for you to…
- **SELF-MANAGEMENT**: Manage your reactions effectively by making better decisions and responding to challenges and opportunities productively.
- **SOCIAL AWARENESS**: Awareness of the emotions of other people including unspoken cues and the mood in the room gives you the information you need to…
- **RELATIONSHIP MANAGEMENT**: Manage relationships by building, strengthening and deepening your connections with the people in your social network.

People who develop their EQ communicate effectively, handle stress well, make good decisions, handle conflict productively, are better team players, respond flexibly to change, influence others more, and provide top-notch performance.

This program has one purpose…

**...to increase your EQ.**

TalentSmart’s *Mastering Emotional Intelligence* Level 1 will take you far beyond knowing what EQ is and how you score on your first EQ test. In this in-person or virtually led session, you’ll discover the 66 strategies you can use right away to take your EQ to new heights. Begin your EQ journey toward handling yourself in times of stress and dealing with others skillfully. Reap all the rewards that being emotionally intelligent will bring you.