

# Emotional Intelligence



*New Directions in  
Employment and Diversity  
Training*

## What Is EI?

Emotional Intelligence (EI) is a two-day workshop that utilizes a unique assessment that directly measures one's ability to identify, use, understand, and manage emotions. The workshop focuses on the interpretation, use, and application of EI abilities in the workplace. EI is an infectious and highly motivational program.

## Who Should Attend EI?

EI is beneficial for everyone in your organization. This program is designed for those who want to succeed and are serious about personal and professional excellence. Research indicates that people who have a high competency in emotional intelligence are more likely to succeed than those whose strengths rely on previous experience.

## Topic Areas Covered in EI

- ◆ The MSCEIT Assessment
- ◆ The 4 Core Abilities of Emotional Intelligence
- ◆ The Corresponding 8 Factors of Emotional Intelligence
- ◆ Emotions, Feelings & Moods
- ◆ Building an Emotional Vocabulary
- ◆ The Emotional Blueprint – Problem-solving & Decision-making
- ◆ Styles & EI
- ◆ Emotional De-Railers
- ◆ Becoming an Emotionally Intelligent Manager

The EI assessment is online and easy to navigate. The information assesses individual strengths and developmental needs in the 4 abilities and 8 factors of emotional intelligence. Each participant receives a personalized report detailing his or her level of competence in EI.

## What Are the Outcomes of EI?

At the conclusion of EI, participants will be able to:

- ◆ Gauge personal level of emotional intelligence
- ◆ Understand how emotional intelligence affects performance
- ◆ Detect potential de-railers
- ◆ Understand the impact of EI on business
- ◆ Develop a personal action plan for improvement

For more information regarding EI contact us at  
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