

Conversations & Connections

CEDAR RAPIDS

Ginny Wilson-Peters invites you to attend a six-part luncheon series based on
The Power of Emotional Intelligence

Enroll for
the entire
series
or any
number of
individual
sessions!

1. **Emotional Intelligence**

(Tuesday, February 23)

EI: What is it and why does it matter for leaders? Studies have shown that 85-90% of the difference between average and outstanding leaders can be linked to Emotional Intelligence. This session will introduce the concepts of Emotional Intelligence and talk about how leaders tap into each in a variety of ways in order to enhance their effectiveness. Learn the four elements of EI; sources for measuring your own EI; and six leadership styles that tap into EI and when to use them.

2. **Self Awareness**

(Tuesday, March 9)

Also known as "Knowing Your Stuff", self awareness is the ability to read your own emotions and better know your strengths and weaknesses. When the 75 members of Stanford Graduate School of Business's Advisory Council were asked to recommend the most important capacity for leaders to develop, their answer was nearly unanimous: Self Awareness!

3. **Self Management**

(Thursday, April 1)

Are you able to step outside yourself and observe your thoughts and communications from an uninfluenced perspective? Your life experiences contribute to the emotions that come up in difficult situations but you can learn to take a step back, understand the bigger picture and take thoughtful action.

4. **Social Awareness and Gaining Political Savvy Skills in Your Workplace**

(Thursday, April 15)

Are you looking for new ways to face the challenges with the conflict, collaboration and communications of office politics? This session teaches more meaningful and strategic ways of communicating and influencing others by digging deeper into the true agendas behind the actions and feelings of your boss, your co-workers and subordinates. Once you learn to identify agendas that drive issues and projects, you can communicate, make decisions, and act from a new perspective. Learn the elements of Social Awareness and key tips for developing political savvy.

5. **Relationship Management Part I**

(Tuesday, April 27)

Stock your management toolbox with a variety of skills designed to create stronger teams within your organization! Learn the elements of Relationship Management, including effective ways to influence others at all levels of the organization, and participate in hands-on exercises for developing relationships that you can take back to your workplace.

6. **Relationship Management Part II**

(Tuesday, May 25)

Part two of relationship management, including additional tools for creating and maintaining positive relationships and tools for managing personal change.

OPEN TO MEN AND WOMEN FROM ALL INDUSTRIES!

Dates: **Listed below each session**

Time: **11:30 a.m. - 1:30 p.m.**

Location: **Kirkwood Training & Outreach Services**

At Kirkwood Community College

3375 Armar Drive, Marion, IA

Cost: \$150 pre-register for the series of six or \$30 per session.

Registration includes lunch, program, materials and networking.

To register: **Contact Chelsea Hillman at 319-310-4938** or

chillman@IntegrityIntegrated.com

Online at www.IntegrityIntegrated.com

"What makes the EI Training unique is that it is very hands on with exercises and out of class assignments that reveal practical ways to improve one's social awareness in a professional environment. Ginny provides the tools to continue develop yourself long after the classes are complete."

Program Manager
Rockwell Collins