

Emotional Intelligence for Leaders

Workshop for Supervisors and Leaders

Emotional intelligence is a cross-section of interrelated emotional and social competencies and skills that help us:

- **understand and express ourselves,**
- **understand others and how we relate to them, and**
- **cope more effectively with daily demands.**

What past participants have said about this program...

“Course was highly motivating, engaging, and thought-provoking.”

“I learned excellent information to be utilized in many real life situations. Thanks!”

“Once again I find my training experience with Laurie Reuben to be an outstanding one. Many thanks to her for making a relatively difficult subject easy and fun. Very useful training, and excellent facilitator.”

There's no question about it: leadership has gotten complicated. The days of “command and control” and “because I said so” seem to have faded into the distance. Collaborative leadership, participative management, and employee empowerment have stretched our understanding of what leadership is, and what truly effective leaders do to get smart people to follow them.

Intuitively, we all know that effective leadership goes beyond what can be measured by IQ. This interactive workshop will help you understand why emotional intelligence matters.

Participants will learn and practice specific tools to immediately use on the job including how to:

- Understand the emotional competencies that all leaders need.
- Learn how the latest brain research is suggesting a whole new way of thinking about intelligence.
- Have the opportunity to explore and develop your own Emotional Intelligence Quotient (EQ).
- Explore the connection between EQ and motivation.
- Understand how EQ directly impacts the quality of our thinking.
- Learn techniques for using your EQ to enhance your leadership skills.

**Wednesday
November 16, 2011**

8:30 am – 12:30 pm

**University Center
Room 312**



About the Instructor...

Laurie Reuben is the President and CEO of the Cheshire Consulting Group, LLC, an organization development firm focused on leadership development; employee motivation, satisfaction, and retention; change and conflict management; and organizational learning. Laurie has a BS in psychology from UMBC and an MS in organization development from Johns Hopkins University.

Register on the web by November 8th at: www.umbc.edu/training

Spaces are limited and pre-registration is required.