

ASTD January Program

HANDS-ON EQ:

PROVEN PRACTICE FOR EMOTIONAL INTELLIGENCE

January 17, 2006, 8:30 am-11 am [\$25 members-\$35 others]

University of Phoenix, 13190 SW 68th Parkway, Tigard, OR

Cascadia Chapter

Serving Oregon and SW Washington



"EQ may be the best predictor of success in life, redefining what it means to be smart."

Time Magazine

Are you ready for the next step in leadership development?

Emotional Intelligence (EQ), the ability to manage ourselves and our relationships effectively, is front-page news AND one of the most important competencies a leader can possess. Studies show that 85 percent of the effectiveness of star performers is linked to their possessing a high degree of EQ. And research suggests that EQ is one of three core competencies on which our capacity and productivity depends: 1-IQ; 2-Expertise; 3-EQ.

Take EQ to the next level and ATTEND!

Find out how you identify your personal EQ. What EQ practices you can apply at work and in your life to be more successful. How organizations facilitate development of EQ competencies with managers and teams.

This hands-on program is a condensed version of a 2-day workshop that is offered by *Teams & Leaders*. In this highly interactive session, EQ experts Tracey and Kevin will employ **proven methodologies** for you to identify, explore, and practice key components of emotional intelligence. This includes **real-time application of learning** (e.g. applying skills to work-related projects) and a **workable model** will be introduced to facilitate learning on intrapersonal skills (self-reflection) and interpersonal skills (social-acumen).

- ✓ Identify essential components of emotional intelligence (EQ).
- ✓ Demonstrate EQ skills that increase your ability to engage effectively with others and yield performance results.
- ✓ Demonstrate EQ techniques for self-management and social awareness.
- ✓ Demonstrate EQ skills to successfully work through difficult relationship issues.
- ✓ Take away a workable model to continue your EQ development.

"Leaders are being judged by a new yardstick: not just by how smart they are, or by their training and expertise, but also by how well they handle themselves and others."

Daniel Goleman, *Working with Emotional Intelligence*

TO REGISTER, go to <http://www.astdcascadia.org/> Early Registration deadline is January 9, 2006.

THANK YOU to the University of Phoenix for hosting the program!



Tracey Parsons is the Director of Talent Acquisition & Development for Oregon Health & Sciences University. Her doctoral research is in developing emotional competencies in leaders to increase bottom-line results. Tracey, and her EI partner, Kevin have developed a proven model to increase EI competencies. They are both certified in the Learning in Action EQ-instrument and have given hundreds of consultations in increasing social intelligence.



Kevin Bush is director of Teams & Leaders, a corporate consulting organization based in Seattle. Kevin has focused his energies on designing, customizing and delivering trainings that enhance the leadership capacities of individuals at all levels within organizations.