

# WHAT IS YOUR EMOTIONAL INTELLIGENCE? LEARNING AND DEVELOPMENT WORKSHOP

**Tuesday, May 16, 2017**

1:00 p.m. - 4:00 p.m.

Community Room, North Campus

Facilitator: Diana Kawarsky

Your Intelligence Quotient or your Emotional Quotient? What are your intellectual smarts versus your emotional smarts? Here is your chance to learn what your skills really are.

We'll use and discuss several self-assessment tools to bring you in-depth insights into the skills you have and your opportunities areas for growth.

## **We will answer 4 primary questions:**

- 1.** What is Emotional Intelligence?
- 2.** How can I assess and develop my EQ?
- 3.** What real-life strategies can I use to improve my EQ?
- 4.** What role does EQ play in my professional and personal success?

Space still available - REGISTER NOW!

Email Maureen at [maureen.martin-edey@humber.ca](mailto:maureen.martin-edey@humber.ca) or [register here.](#)

*Thank you!*