

WOMEN IN NETWORKING

VIRTUAL SPEAKING EVENT

SEPTEMBER 22, 2021 | 8:30-9:30AM

Leveraging Emotional Intelligence for Success

Emotional Intelligence is key to high performance. It's not your IQ, it's how you manage yourself and your relationships. Success and well-being involve enhancing and leveraging your Emotional Intelligence (EI)

During this highly interactive presentation we will explore how EI involves:

- Having an accurate self-assessment and the confidence with knowing and accepting your strengths and limitations.
- Maintaining an inner dialogue to demonstrate self-control and resilience.
- Being attuned to others, reading the currents and picking up cues to what's being felt and thought.
- Flexing your communication to influence and build relationships.

We will participate in group chats, polls, and a breakout room.

Prior to our session, please complete the following pre-work items, 5 – 10 minutes;

- Watch Daniel Coleman introduce the EI Leadership Competencies in this short [video](#) (2:44 min)
- Read the article [Empathy, A Key to Effective Leadership](#)
- Review the attached *EI Leadership Competencies*. During our session be prepared to share which competencies are your strengths and opportunity for development.

Our Speaker: Janice Aull, MBA | Aull About U
Janice is a Motivational Facilitator, Speaker, and Coach. She has an MBA and received a Graduate Certificate in *Organizational Performance and Workplace Learning*.



We're looking forward to improving and enhancing our EI skills