Emotional Intelligence

How we manage and apply our emotions is critical to our ability to work effectively with others. Develop your ability to monitor your own and others’ feelings and emotions, in order to guide your actions.

Participants will:
- Learn about the emotional intelligence theory and its history
- Learn and practice using emotional intelligence skills
  - Self-awareness
  - Self-motivation
  - Building effective relationships
  - Self-regulation
  - Empathy
  - Adaptability, and Resilience

KSU Employees Register At: http://tinyurl.com/kennesaw-ei
All Others Please Register At: http://tinyurl.com/kennesaw-pdc

(Cost for KSU Employees: $0  ~  PDC Partners: $30  ~  0.3 CEU Credits)