

## DEVELOPING YOUR EMOTIONAL INTELLIGENCE

Enhance your self-awareness and make emotions work for you to build more productive relationships—professionally and personally—through emotional intelligence training.

Seminar #2144

### Overview

Understanding and improving the connection between emotions and actions is crucial to business and personal success. Without such insights, even seemingly successful relationships may be courting disaster. Emotional intelligence (EI) and emotional intelligence training are very hot topics in today's workplace. Now you can actually develop and enhance the skills that will positively impact your work—and in doing so, tap into a whole new level of achievement in your career.

### Schedule

- [2] days
- [2] days - \$2,345 Non Members
- [2] days - \$2,095 AMA Members
- [2] days - \$1,794 GSA

### Credits

1.2 CEU

### Schedule

We have 18 scheduled sessions located nationwide starting between 5/31/2012 - 2/21/2013

| Date                        | Location                    | Duration |
|-----------------------------|-----------------------------|----------|
| May 31, 2012 - Jun 1, 2012  | New York, NY                | 2 Days   |
| Jun 14, 2012 - Jun 15, 2012 | San Francisco, CA           | 2 Days   |
| Jul 23, 2012 - Jul 24, 2012 | Arlington/Washington DC, DC | 2 Days   |
| Aug 9, 2012 - Aug 10, 2012  | New York, NY                | 2 Days   |
| Aug 23, 2012 - Aug 24, 2012 | Chicago, IL                 | 2 Days   |
| Aug 30, 2012 - Aug 31, 2012 | Philadelphia, PA            | 2 Days   |
| Sep 6, 2012 - Sep 7, 2012   | Dallas, TX                  | 2 Days   |
| Sep 27, 2012 - Sep 28, 2012 | Arlington/Washington DC, DC | 2 Days   |
| Oct 4, 2012 - Oct 5, 2012   | Los Angeles, CA             | 2 Days   |
| Oct 15, 2012 - Oct 16, 2012 | New York, NY                | 2 Days   |
| Nov 1, 2012 - Nov 2, 2012   | Atlanta, GA                 | 2 Days   |
| Nov 5, 2012 - Nov 6, 2012   | Arlington/Washington DC, DC | 2 Days   |
| Nov 15, 2012 - Nov 16, 2012 | Boston, MA                  | 2 Days   |
| Dec 13, 2012 - Dec 14, 2012 | Arlington/Washington DC, DC | 2 Days   |
| Dec 17, 2012 - Dec 18, 2012 | New York, NY                | 2 Days   |
| Dec 20, 2012 - Dec 21, 2012 | Chicago, IL                 | 2 Days   |
| Jan 28, 2013 - Jan 29, 2013 | San Francisco, CA           | 2 Days   |
| Feb 21, 2013 - Feb 22, 2013 | New York, NY                | 2 Days   |

Registering more than 4 people, please call 1-877-566-9441.

### How You Will Benefit

- Recognize the impact that EI abilities have on your professional development and career
- Assess your own EI abilities
- Increase self-awareness and develop a clear understanding of your strengths and weaknesses through emotional intelligence training
- Learn strategies to help you manage counterproductive tendencies
- Improve your sensitivity to corporate cultures and respond appropriately to workplace social cues
- Identify and apply the four key emotional skills to a broad variety of workplace situations
- Develop and use the "EI Blueprint" to manage difficult professional challenges and enhance interactions
- Create an action plan for continued EI self-development

### What You Will Cover

- Characteristics of the emotionally intelligent person
- Four key emotional skills: identifying, leveraging, understanding and managing emotions
- Connecting emotional expressions and underlying messages to read people more accurately
- Leveraging emotions to help you think
- Emotional tasks: enhancing your skills
- Developing a complex emotional vocabulary to describe emotions with clarity
- Meeting the emotional needs of others
- Managing emotions effectively
- Developing a Blueprint model using the four key emotional skills to tackle workplace challenges

### Who Should Attend

All business professionals who want to maximize performance by developing their interpersonal skills and increase self-understanding and emotion-management through emotional intelligence training.

### Ways to Register

- [Register Online](#)
- Call 1-877-566-9441 for an AMA Training Consultant
- Email [customerservice@amanet.org](mailto:customerservice@amanet.org)
- Fax [AMA Text Registration Form](#)
- Mail [AMA Text Registration Form](#)