Your employee is interested in learning new skills with AMA. Beyond helping you both achieve your goals, here’s why that’s an excellent idea.

**AMA Seminars offer your employee:**

- **Extensive practice in a supportive environment.** You really can’t learn new skills from an app. You need to experience it, practice it, and get personal attention to the details that make a difference. There is simply no substitute for learning by doing.

- **Feedback from experts.** Our instructors are not professors—they are practitioners in the field, focused on what works now in the real world. Participants agree instructors make a difference and have rated our faculty 4.83 out of 5 stars. What’s more, your employee will be learning alongside peers from other organizations gaining insight and knowledge from other industries and expanding their professional network.

- **Tools and techniques designed to improve performance.** Our courses are instructionally designed to make a difference in performance, which is why 99% of participants report they are using what they learned back on the job after taking one of our courses.

- **An Experience.** Yes, we know two or three days seems like a lot. But dedicating that time to truly master new skills is worth the time and money. And we’re not just saying that—our customers agree: 98% of participants would come back for another course.

Still feel like you can’t spare your employee for a training session? Take a look at our live online courses which minimize time away from work.

Either way, remember that we don’t lecture—we accelerate performance.

**Need help?** Contact 1-877-566-9441 or visit www.amanet.org/2863
Emotional Intelligence Workshop

Understand the connection between emotions and actions.

*Developed with Dr. Daniel Goleman, based on his research and bestselling book Leadership: The Power of Emotional Intelligence®—Selected Writings*

Emotional Intelligence (EI) is vital to being an effective and high-performing member of any team. In this seminar, you will become familiar with this proven EI model and learn how to apply EI skills for maximum effectiveness. Gain insight and tools you can apply to make your job and career more effective, satisfying, and successful. And have a standout advantage in any situation.

**How You Will Benefit**

- Recognize the benefits of developing EI
- Define EI competencies and origins
- Identify personal strengths and limitations using the Emotional and Social Competency Inventory
- Apply the EI competency framework to optimize professional performance and working relationships
- Build a personal development strategy

**What You Will Cover**

- Defining EI and describe why it’s important
- Discovering how to increase your EI competency
- Becoming more self-aware and authentic
- Applying mindfulness and the here-there technique to a critical work relationship
- Increasing your social awareness and cultivating empathy through active listening
- Exploring relationship management and collaboration
- Creating a development plan identifying areas for improvement and specific steps for developing EI

**Who Should Attend**

Business professionals who want to maximize their performance by increasing self-understanding and emotion management through EI training.

**Special Feature**

*Extra: Participants will receive a complimentary copy of Leadership: The Power of Emotional Intelligence—Selected Writings® by Dr. Daniel Goleman.*
**Note**: Prior to the workshop, you will receive a link to an online inventory. To fully participate, please print your results and bring to class.

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