The emotions that control our behaviors in life can be described as our ‘map of the world’ and it is how you view this map that affects your behavior. No two people have an identical map of the world, but if we can make ourselves more aware of the reasons for our map we can begin to understand others better and even start to manage our actions and feelings.

Emotional intelligence is the ability to recognize and manage emotions. Those who understand emotional intelligence are more likely to avoid miscommunication, reach consensus, lead and address conflicts effectively and manage their stress and the stress of others.

Emotional intelligence, also referred to as EI or EQ (emotional quotient), is one of the most important ideas to hit the business world in recent years. It is based on the notion that the ability of individuals to understand their own emotions, and those of the people they work with, is the key to better business performance.

Even though there have been some over-hyped claims made in the past about the benefits of EI, there is substantial evidence that EI can improve personal performance.

Traditionally, the emphasis when evaluating potential performance has been on intellect. Now compelling research indicates that emotional intelligence can be just as important as IQ for outstanding performance.

This workshop sets out to provide you with the fundamental knowledge required to develop your awareness of EI and in doing so help you to perform more effectively. Contact Reynolds Consulting, LLC at philr@reynoldsconsulting.org or call (713) 249-3846 to schedule a session for your team.