

MASTERING EMOTIONAL INTELLIGENCE



Developing Life's Essential Skills and Behaviors

This seven-day program will help you learn about yourself, your impact on others and teach you the essential skills to be stronger, bolder, and true to yourself while being better for those around you. Like all Priority Learning programs, it is interactive, built on real life skills and related behaviors.

You will receive your own personalized Emotional Intelligence evaluation, workbook and learners guide complete with exercises and ways to grow your EI quotient.

Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Introduction + Learning to Learn + Diagnostic Preview + Coaching Essentials	Self-Perception + Goal Setting + Self-Regard and Self-Actual + Emotional Self-Awareness + Visioning	Self-Expression + Emotional Expression + Assertiveness + Independence + Emotional Language + Managing v. Coping	Interpersonal + Interpersonal Relationships + Empathy + Social Responsibility + Appreciative Inquiry + Mastering Body Language + Making Connections	Decision Making + Problem Solving + Reality Testing + Impulse Control + Mindfulness + Systemic Thinking + Mental Models	Stress Management + Flexibility + Stress Tolerance + Optimism + Rule Bending + Positive Stressors + Organizational Skills	Wrap Up + Planning Your Future + Inviting Your Mentor or Guide + Graduation



707 Sable Oaks Drive, Suite 040
 South Portland, Maine 04107
 PriorityLearningResearch.com
 207-653-2552