

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	Self-Perception	Self-Expression	Interpersonal	Decision Making	Stress Management	What to do with all this!!
<ul style="list-style-type: none"> Learning to Learn Diagnostic Preview Coaching Essentials 	<ul style="list-style-type: none"> Goal Setting Self-Regard and Self-Actual Emotional Self-Awareness Visioning 	<ul style="list-style-type: none"> Emotional Expression Assertiveness Independence Emotional Language Managing v. Coping 	<ul style="list-style-type: none"> Interpersonal Relationships Empathy Social Responsibility Appreciative Inquiry Mastering Body Language Making Connections 	<ul style="list-style-type: none"> Problem Solving Reality Testing Impulse Control Mindfulness Systemic Thinking Mental Models 	<ul style="list-style-type: none"> Flexibility Stress Tolerance Optimism Rule Bending Positive Stressors Organizational Skills 	<ul style="list-style-type: none"> Planning Your Future Inviting Your Mentor or Guide Graduation discussion and expectations

Day Eight – Graduation day (invited guests join us for lunch, presentations, and parting gifts...

Workshop Dates in 2024:

February 8, March 7, April 11, May 9, June 6, July 11, August 8, and September 12



Priority Learning
Inspiring Tomorrow's Performance

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