


Developing Emotional Intelligence

The capacity to be aware of, control, and express one's emotions is a crucial skill that companies look for and are constantly trying to develop in their employees. The ability to handle interpersonal relationships judiciously and empathetically allows employees to build meaningful relationships projecting them into successful careers.

Emotional Intelligence (EI) encompasses three overarching skills: emotional awareness, the ability to manage your emotions, and manage the emotions of others. By learning strategic awareness of these three areas and the tools necessary to effectively manage them, employees gain a sense of confidence and achievement knowing they have control over how various situations unfold.



Leverage Emotional Intelligence to improve personal and professional decision making.

- Applying emotionally intelligent communication skills to relationship building and maintenance.
- Identifying emotionally intelligent strategies for maintaining healthy conflict.
- Expanding emotionally intelligent personal awareness.
- Recognizing emotional triggers and applying emotionally intelligent regulation strategies.
- Identifying the impact our emotional intelligence has on connecting with others.
- Recognizing stress as a complex set of emotional and physical responses that can have varied results.
- Practicing proactive stress management techniques to stay emotionally well balanced.
- Defining resilience and how it impacts effectiveness at work.
- Demonstrating a collaborative attitude at work through application of emotional intelligence.

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