

## **Emotional Intelligence at Work**

**8 Hrs**

In this interactive training, participants will explore practical ways to build self-awareness, strengthen interpersonal skills, and apply emotional intelligence techniques to enhance communication, collaboration, and leadership in the workplace.

### **Course Topics Include:**

- Defining emotional intelligence and explaining its five core components: self-awareness, self-regulation, motivation, empathy, and social skills (based on Daniel Goleman's model)
- Practicing self-regulation techniques to manage stress, stay composed under pressure, and respond rather than react
- Increasing empathy and social awareness by recognizing others' emotions and perspectives, even when they differ from their own
- Improving relationship management by using emotionally intelligent communication strategies to build trust, navigate conflict, and foster collaboration

**ETI Instructor Dr. Barbara Sweet** is President/CEO of Learning Transfer Institute, a consulting, training and coaching firm focused on helping organizations create more positive, respectful, and inclusive workplaces. She is an accomplished speaker and author with over 20 years of HR executive experience.

**Course Cost: \$250.00**

**WHEN:**

**Mondays**  
**August 11, 2025 AND August 18, 2025**  
**5:00 pm – 9:00 pm**

**WHERE:**

**Online, Remote,**  
**"Virtual Classroom,"**  
**Via Zoom**

**For more information or to register, please contact:**  
**Jocey Hogan, ETI Program Coordinator at 661.362.5657 or [jocey.hogan@canyons.edu](mailto:jocey.hogan@canyons.edu)**