

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.

Employment Training Panel (ETP) Cost: \$100.00 per employee*

Non-ETP COST: \$290.00

WHEN:

**Mondays
August 10, 2026 AND August 17, 2026
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

*For employees of eligible employers. Employees are not considered registered until all paperwork is received, a \$100 administration fee, per participant, has been paid to the Santa Clarita Community College District and the Employment Training Panel has determined eligibility. State subsidy is contingent upon the trainee completing all the Employment Training panel requirements. Please contact the Employee Training Institute, 661.362.5657, for details on eligibility requirements.