



Wellness Series

INTRODUCTION TO EMOTIONAL INTELLIGENCE WORKSHOP

New developments and unprecedented levels of change can leave us feeling overwhelmed. Emotional Intelligence, also known as EQ, can help us to be more self-aware, understand how to lessen the impacts of our emotions, and build better relationships - in both our personal and professional lives. This introduction to Emotional Intelligence workshop shows you how to harness your EQ to better navigate these changing times.

**Increase understanding of
Emotional Intelligence (EQ)**

Recognize the importance of EQ

**Complete a self-assessment to
gain self-awareness of your EQ**

**Recognize opportunities for
growth and development**

WHO SHOULD ATTEND

- Everyone!

SESSION DETAILS

- Two-hour virtual workshop

COURSE COMPONENTS

- What is Emotional Intelligence (EQ)
- EQ Self-Awareness
- EQ Self-Awareness Assessment
- Opportunities for Growth and Development
- EQ Activities

RESERVE YOUR SESSION NOW!

FOR MORE INFORMATION OR TO RESERVE YOUR SESSION, CONTACT US TODAY:
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