

Communicating With Emotional Intelligence

An Ibis Coaching Workshop



Emotional Intelligence is a hot topic in many workplaces. Yet, many people aren't clear on exactly what emotional intelligence is, how it shows up, and how it impacts our interpersonal relationships.

In this highly interactive and informative workshop, participants will not only gain an understanding of emotional intelligence, but they'll walk away with the ability to increase interpersonal understanding, resiliency, and capacity to manage change.

- **Emotional Intelligence and interpersonal relationships**
- **“SMART” as related to EQ**
- **How to approach communication with Emotional Intelligence**
- **Option to include a pre-workshop Emotional Intelligence assessment (EQ-i 2.0) and individual debrief session for each attendee. If this option is selected, an overview of the group's EQ-i 2.0 results can be incorporated into the workshop.**



EQ-i^{2.0}
CERTIFIED ✓

Ibis Coaching's managing principal is certified in the administration and interpretation of the EQ-i 2.0 assessment.

Note: This workshop is designed as an in-person, two hour experience, but can be tailored and customized to your organization's unique needs and desired outcomes. For more information, contact Ibis Coaching's principal, Yvonne Acquafredda, ACC: Yvonne@ibiscoaching.com