

LEADING WITH EMOTIONAL INTELLIGENCE



Learn how to use emotional intelligence to improve your business, interactions with stakeholders, and effectively make decisions.

This interactive and engaging workshop will allow participants to gain a deeper understanding of EQ and identify practices to enhance emotional intelligence across multiple competencies that impact leadership effectiveness. With higher levels of EQ, leaders are able to:

- Apply key emotional skills to a broad variety of workplace situations, regardless of emotional stress
- Improve sensitivity to organizational and social clues
- Avoid behaviors that will derail success in the workplace
- Practice effective engagement skills for organizational success

Participants will build skills to:

- Know what drives their emotions and how to manage disruptive emotions
- Make more effective decisions with clarity and emotional balance
- Build resilience to manage stress that leaders and entrepreneurs face
- Manage conflict effectively and avoid engaging in actions that breed mistrust

Presented by Jackie Kindall, CEO of Kindall Evolve. Jackie is an organization, culture and leadership transformation expert. She is a Certified Executive Coach, and has an M.S. in Organizational Development and Leadership. The Kindall Evolve team conducts leadership coaching, DEI consulting, and learning and development programs that build leadership capacity, create diverse, equitable and inclusive cultures, navigate change and transformation, and increase employee engagement and performance.



Register at <https://bit.ly/leadwithintelligence>

Fee is \$45

Questions? Email us at info@mocoblackcollective.org

