

## *6-Week Workshop*

### **Bringing Emotional Intelligence to Your Goal Setting**

*Instructors: Jennifer Gance, PCC & Jordan White, ACC*

**Itinerary – Tuesdays, 5:30pm to 7:00pm MST**  
(February 14 is rescheduled for February 15 due to Valentine's Day)

#### **January 17:**

- Introductions
- Self-Perception
  - Self-Regard
  - Self-Actualization
  - Emotional Self-Awareness

#### **January 24:**

- Self-Expression
  - Emotional Expression
  - Assertiveness
  - Independence

#### **January 31:**

- Interpersonal
  - Interpersonal Relationships
  - Empathy
  - Social Responsibility

#### **February 7:**

- Stress Management
  - Flexibility
  - Stress Tolerance
  - Optimism

**February 14** – Valentine's Day. No class.

#### **February 15:**

- Decision Making
  - Problem Solving
  - Reality Testing
  - Impulse Control

#### **February 21:**

- Bringing it all together
- Closing & staying connected

## *Included with Workshop*

- ❖ EQ Workbook and methods to use with teams and individuals
- ❖ Private Facebook group community
- ❖ 3 quarterly 1-hour calls for ongoing support and accountability