



One-Day Emotional Intelligence Introductory Workshop
Church Center, 900 S. Arlington, Harrisburg, PA
November 6, 2013

EQ-HR One-Day Workshop Registration

- Tuition \$155.00 which includes lunch
- 9 a.m. to 5 p.m.
- Participants complete a personal EQ survey during the event
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Workshop Facilitators: Roy M. Oswald, Executive Director: EQ-HR Center

What is the purpose of a one-day workshop?

To introduce participants to the world of emotional intelligence (EQ) and its potential for greater personal and professional effectiveness.

Topics to be discussed:

- Overview of the research on EQ and its practical implications for personal and professional effectiveness;
- Presentation on the trait of Self Awareness and its centrality to EQ effectiveness;
- Presentation of the trait of empathy;

Workshop Objectives:

- Introduction to and the practice of specific skills in emotional intelligence;
- Expanding self-awareness and its centrality to greater EQ;
- Insight into the skills of empathy and have an opportunity to practice this capacity;
- To recognize the centrality of EQ in pastoral and leadership effectiveness within congregations;
- To explore the attractiveness of an emotionally intelligent congregation to outsiders.

Register online at www.eqhrcenter.org or send a check to the Center for EQ-HR Skills, 19806 Mill Point Road, Boonsboro, Maryland, 21713, attn: Barbara Holder. For general information, please contact Barbara Holder at eq-hrctr@myactv.net or 301-432-8933.