

Emotional Intelligence - The Pathway to Great Leadership

What is reality? Is your perception accurate? Learn how the past, our unique experiences, and those that influenced us have contributed to our mindset. Understand and appreciate the coping skills we use to survive what's going on around us. Examine the limitations we've artificially put on ourselves and learn ways to break free from those limitations. Explore what holds you back and how to move on.

Gather the tools that will help you break loose and move into an expanded future. You're exactly where you are because you choose to be there. Otherwise you'd be someplace else. If you'd like to change some aspect of your life and are willing to be open-minded, lean into tough topics, be transparent and real, force yourself out of your comfort zone, then you can make those lifelong changes today.

- It's not What it Seems
- Blind spots
- The Past Does Matter
- Truth Tapes
- Coping Skills
- Self-Imposed Limitations
- Moving Beyond
- Exercising Your Own Potential
- Getting from Here to There

2 days, Instructor-led class that includes interactive workbook