



Realize the Power of Emotional Intelligence

Have you ever met an individual who knew exactly what to say and how to say it? Was this same person always calm and relaxed especially during conflict and challenging situations?

Having a strong IQ (intelligent quotient), a score derived from several tests designed to assess intelligence, is no longer enough to be an effective team member or leader in today's organizations.

People who are self aware, who take the time to learn about who they are, what their strengths and weaknesses are, how to manage their emotions, and how to connect with people on a deeper level have strong emotional intelligence (EQ).

High EQ individuals understand themselves as well as other people. They make it a daily habit to strengthen their soft skills in order to develop better relationships in their personal and professional lives. Emotional intelligence is the "something" in each of us that is intangible. It impacts how we manage our behavior, navigate social complexities, and make personal decisions that achieve positive results.

Participants will learn:

- Two primary competencies: personal and social
- The four dimensions of emotional intelligence
- Resonant and dissonant EQ styles
- EQ Self Assessment
- EQ Team Quiz

SPEAKER

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SPARK Creations is a heart based leadership and empowerment organization that provides highly interactive and fun experiential learning and development, strategic visioning and leadership alignment, and people and culture programs for individuals, teams and organizations. As the Co-Founder and Creative Essence Originator (CEO), Lorie is energetic, driven, and tireless in her pursuit of self development and people contribution. Over the past 18 years, Lorie has cultivated her coaching, leadership development, and people and culture development experience as both a strategic and progressive senior human resources leader. Lorie is also the Co-Chair for the BC HRMA Learning and Development Roundtable, the Director of Leadership Development, Leadership Coach and Facilitator for Corporate Symphony International, and the Co-Founder and President of Enspire Foundation.

BOOKING

Workshop Fee: \$450.00 for 60 to 90 minutes