

WINiT



2016 ANNUAL SUMMIT EDUCATIONAL SESSION 11.11.16

Performing Under Pressure: The Science of Emotional Intelligence

1:30PM – 4:00PM

Why do smart people fail? Why do technically brilliant individuals have trouble managing others and collaborating on a team? What they lack is a critical level of Emotional Intelligence (EI) and the ability to manage theirs and others emotions when they are under pressure.

Whether you are a formal manager or want to increase your individual performance (or both), this program will teach you the foundational principles and brain science of Emotional Intelligence (EI). Focusing on managing your emotions under pressure, this program will enable you to increase your personal leadership by learning how to manage your emotional brain in your most difficult moments. This will allow you to influence and engage others, and connect with them in a more meaningful way.

In this program, you will:

- Learn the brain science of emotions that drives your behavior under pressure
- Increase your awareness of the situations that put you at risk of having your emotions lead to unskillful behavior and poor decisions
- Learn practical strategies to help you respond skillfully as pressure and complexity Identify patterns, triggers and emotional habits that either drive or derail your performance
- Learn to suspend judgment – become ‘more curious and less certain’ – to effectively engage and influence others
- Understand how to effectively coach and help others develop the skills to perform under pressure
- Practice techniques through interactive exercises and develop an action plan to put those strategies into practice

What is your take away?

What do you pledge to do/change after what you have learned today?

WOMENTUM

SPEAKER

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