

Emotional Intelligence (EQ)

What would other people who are close to you say about you? How aware are you of your emotions and how you come across to others? How aware are you of other people's feelings? How well do you manage your emotions and behavior?

Emotional intelligence (EQ) is the ability to be aware of and manage your own emotions as well as the emotions of others. EQ is a greater predictor of success in life than IQ. Improving one's emotional intelligence is an ongoing process. We will never really master EQ, and we must constantly work to become better at working with and through people. In this half-day program, Emmie Brown will discuss the basics of cognitive psychology, in particular, how the human brain processes stimuli. Then, we will deep-dive into the 4 parts of emotional intelligence with tangible techniques to improve your self-awareness, social-awareness, self-management, and social management. You will leave this session:

- Equipped with the tools to help you remove your blind spots
- Better able to have empathy for others
- Empowered with the ability to change your most hard-wired habits
- Aware of what you can change and what you must accept

This course will increase your emotional intelligence, and, therefore, your power over yourself and your influence of others.

About the Speaker - Emmie Brown



Emmie is the President of Southwestern Speakers and Southwestern Training and a Sr. Partner with Southwestern Consulting, a multi-million dollar international consulting firm, which focuses on helping companies and individuals reach peak performance.



Hotel Accommodations

Four Seasons St. Louis
999 North 2nd Street, St Louis, MO 63102
CSC Rate: \$189 per night
Deadline: April 14th

Reserve Here: <https://tinyurl.com/smartstlouis>

Contact Ryan Sedlacek to register - ryan@networkcsc.com

Agenda

Wednesday, May 4th

5:00 PM - 6:00 PM

Networking Social - TBD

Thursday, May 5th

7:30 AM - 8:00 AM

Registration & Breakfast

8:00 AM - 8:30 AM

Introductions

8:30 AM - 12:00 PM

Workshop

12:00 PM - 1:00 PM

Lunch

1:30 PM - 4:00 PM

Critical Issues & Best Ideas

6:00 PM - 8:00 PM

Group Dinner

Friday, May 6th

7:30 AM - 8:00 AM

Breakfast

8:00 AM - 10:30 AM

Best Ideas

Health & Safety Guidelines

Hosting a safe event is our top priority. To ensure that our attendees feel comfortable and safe, attendees will be asked to complete our Live Event Waiver prior to departure (emailed upon registration) . CSC recommends (but does not require) taking a COVID test prior to the meeting and upon your return.

Hotel Guidelines:

Our host hotel, the Four Seasons St. Louis is also following local, state, and federal guidelines to ensure all attendees have a safe meeting experience. Masks are not required indoors at this time.

To learn more, please visit our website to review our safety plan, the specific guidelines in place for this meeting, and to read our Duty of Care statement.