

Lifting Your Level of Emotional Intelligence

Chris Golis is an outstanding presenter who will show you not only how to lift your Emotional Intelligence, but why and how to use it for success. Chris is an expert in practical Emotional Intelligence.

Chris Golis, realising that there was no practical handbook written to help new managers develop their people skills, decided to write one himself.

The result is his new book "*The Humm Handbook: Lifting your level of Emotional Intelligence*". In this session Chris will discuss what emotional intelligence is and teach you the first practical steps to improving your EQ.

If you learn Chris' lessons, you will be better at your job and more successful.

The Four Steps of Emotional Intelligence

- Analyse your own core emotions
- Learn how to handle and control them
- Empathy - understanding the hidden emotional drives of other people
- Relationship management



Through discussion, real life examples and practical exercises, you will learn the four steps of EI and how to use it everyday to achieve your goals. You will know how to identify the key personality types and understand the hot buttons.

When: Thursday April 29

**Where: Lifestyle Working, Level 1, North Steyne Training Room
117 Old Pittwater Road, Brookvale**

Time: 6.00pm to 8.00pm

**Cost: \$25.00 for Warringah Chamber/ Inspiring Women members or
\$60.00 for visitors includes light refreshment break.**

These workshops are open to all business owners and managers.

Please indicate if you are attending the workshop Thursday April 29

Name: _____ Business: _____

Address: _____ Phone: _____ Email: _____

How many people attending? _____ Names: _____

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