



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



Employee Assistance Centre

EMOTIONAL INTELLIGENCE IN THE WORKPLACE

Workshop

Facilitated by Leigh Quesnel, Ph.D, EAP Counsellor

Emotional intelligence has been a buzzword in recent years, but how do we define it? And why does it matter? If you've ever been in a situation where you wish you had trusted your gut, this workshop is for you. In this workshop, the concept of emotional intelligence is explored, and the impact of emotions on self and others is presented.

You will learn more about:

- Recognize how emotions affect work behaviour and performance
- Assessing your emotional strengths and limitations
- Assessing work experiences and identifying areas in which you wish you had behaved differently
- Responding to challenging work situations with appropriate empathy and listening skills
- Negotiating and resolving disagreements, both at work or at home.

Participants will take a better awareness of the concept of emotional intelligence with them, allowing them to understand how emotions impact themselves and their interactions with others.

LOCATION: Victoria General Hospital
2340 Pembina Hwy,
Education Classroom, Ground Floor

DATE: Monday, June 15, 2015

TIME: 9:00 am to 12:00 pm

*Opened to
all staff*

To register contact:

Employee Assistance Centre
204-786-8880