



## SKILL DEVELOPMENT SERIES

Innovation & Creativity  
Personal Branding  
Virtual Facilitator Skills  
**Emotional Intelligence**  
Virtual Presentations  
Business Etiquette

## DELIVERY OPTIONS

- Virtual
- Client site
- Coaching

## CONTACT



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[www.intrastellargroup.com](http://www.intrastellargroup.com)

# The Power of Emotional Intelligence

## WHO NEEDS THIS PROGRAM?

This program is for **individuals who can improve their results** if they are better equipped to manage themselves, others, and their surroundings.

Success in interpersonal communications often hinges on the **ability of people to manage their emotions and reflect and respond** (rather than react) to the emotions of others.

This program goes beyond “people skills” to boil down the essentials of emotional intelligence in a tangible format that can be applied immediately. The ultimate goal of this program is to increase results through improved human connections.

## LEARN HOW TO:

- Articulate how feelings, reactions and emotions affect professional relationships.
- Use an approach to work with **different personality and communication** styles.
- Practice how to avoid overreacting in emotionally charged situations.
- Recognize the role that **self-awareness** plays in all interactions.
- Explore devices to **manage the “triggers”**.
- Leverage the results from an assessment to develop an EI plan.

## WHY US?

Intrastellar Group is partnering with Silverstrand Group, the industry leader of behavioral change systems, to provide you the benefit of strategy-based learning. Through self-awareness and experiential application, individuals and organizations experience a noticeable shift towards results.

