

## Auburn University Leadership Series

### Help! There's an alligator in my Tiger's Den: Emotional Intelligence II – September 8, 2016



Emotional Intelligence can be defined as the ability to understand, manage, and effectively express one's own feelings, as well as engage and navigate successfully with those of others. According to Talent Smart, 90% of high performers at the work place possess high EQ, while 80% of low performers have low EQ. Emotional Intelligence is absolutely essential in the formation, development, maintenance, and enhancement of close personal relationships. Unlike IQ, which does not change significantly over a lifetime, our EQ can evolve and increase with our desire to learn and grow.

Diverse personalities are one of the biggest challenges in the workplace and one way we can be Emotionally Hijacked. Learning how to work with different personalities and how to manage our emotions when dealing with others is a giant step in increasing your EQ.

In this seminar, you will:

- Dive further into the world of Emotional Intelligence
- Learn strategies for increasing our EQ in all segments of Emotional Intelligence
- Recognize how your specific personality affects your reaction to emotional situations
- Understand how different personalities can trigger an emotional response
- Develop a plan for dealing with difficult personalities

#### Registration

**Date:** Thursday, September 8, 2016

**Location:** The Hotel at Auburn University, 241 S. College St., Auburn, AL 36830

**Program Time:** 8:00 am - Noon

**Registration Fee:** Early Bird through August 30th (\$169 after August 31st)

Group rates for 4 or more registrants

**BUNDLE Pricing:** Only \$119 with registration to Dr. Larry Little's Influence Through Accountability

(<http://www.auburn.edu/outreach/opce/blm/larrylittle.htm>) (both classes for \$238)

*Call the office to take advantage of this special bundle pricing 334-844-5100*

**Click Here** (<https://mell-base.uce.auburn.edu/wconnect/CourseStatus.awp?&course=C160908>) to register online.

Download a **printable registration form** ([/outreach/opce/blm/documents/EM2\\_registration.pdf](/outreach/opce/blm/documents/EM2_registration.pdf)) for use with phone, fax or mail in registrations.

#### About the Presenter



Lori King-Taylor has extensive experience in leadership development and organizational effectiveness and has worked with a wide variety of industries including automotive, financial services, manufacturing, aerospace, technical and non-profit organizations. Lori specializes in helping companies and their employees develop the skills and strategies needed to improve individual, team and organizational performance.

Lori holds a bachelor's degree in Adult Education from Athens State University and a Master of Education in Training and Development from The Pennsylvania State University. She has spent over 20 years working in the training and OD field serving as Training Director, International Training Manager, and Director of Career Development for large corporations and universities in the US. She is certified to administer the Everything DiSC Personality Assessments, and the Index of Emotional Intelligence. She is a Certified John Maxwell Trainer and Executive Coach and in 2014, Lori had the prestigious honor of speaking at the TEDx conference.

#### Contact Us

Learn more about the "Emotional Intelligence II" Seminar by contacting the Office of Professional & Continuing Education at (334) 844-5100 or by email: [opce@auburn.edu](mailto:opce@auburn.edu) (<mailto:opce@auburn.edu>).

This session is brought to you by Auburn University Office of Professional and Continuing Education and Auburn University Alumni Association.

