Emotional Intelligence in the Workplace is designed to help participants elevate their levels of emotional intelligence in order to increase personal effectiveness and improve professional relationships at work. Topics covered include:
- understanding the personal competencies of self-awareness;
- self-management;
- social competencies of empathy; and
- relationship management.

Workshop Facilitators:
Christine Priest, UAlbany Coordinator of Training and Development
Gregory Sides, Professional Development Coordinator, Center for Public Health Continuing Education

Emotional Intelligence (EI):
An individual’s ability to recognize and understand their emotions, while using their self-awareness skills to manage themselves and their relationships with others.

Tuesday, September 25
9:00 am—1:00 pm
Assembly Hall
Campus Center

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
CALL 442-4483 OR ONLINE
http://www.albany.edu/eap/event_sign-up.htm

*Supervisor’s approval required to attend.
Coffee, tea, and light breakfast fare will be provided.