

## **LELA 301: Emotional Intelligence: Your Key to Extraordinary Leadership**

School of Government, Room 2403

September 13, 2023

<b>9:00-10:15 a.m.</b>	What is emotional intelligence and why is it important to your success? Understanding Your EI Results
<b>10:15-10:30 a.m.</b>	Break
<b>10:20am-12:00 p.m.</b>	Understanding Your EI Results EI Skills Building
<b>12:00-1:00 p.m.</b>	Lunch
<b>1:00-2:30 p.m.</b>	Group Coaching Session
<b>2:30-2:45 p.m.</b>	Break
<b>2:45-3:45 p.m.</b>	Applying EQ Knowledge and Skills to Real Life
<b>3:45-4:00 p.m.</b>	Evaluations Adjourn