

## Emotional Intelligence – Leadership’s Superpower

### August 28, 2025

#### Agenda

9:00am – 10:15am	<ul style="list-style-type: none"><li>• What is emotional intelligence and why is it important to your success</li><li>• Understanding Your EI Results</li></ul>
10:15am – 10:30am	Break
10:30am – 12:00pm	<ul style="list-style-type: none"><li>• Understanding Your EI Results</li><li>• EI Skills Building</li></ul>
<b>12:00pm – 1:00pm</b>	<b>Lunch</b>
1:00pm – 1:30pm	<ul style="list-style-type: none"><li>• Understanding Your EI Results,</li><li>• EI Skills Building (continued)</li></ul>
1:30 pm – 2:00 pm	Small Group EQ Coaching Sessions
2:00 pm – 2:15 pm	Break
2:15 pm – 3:15 pm	Small Group Coaching Sessions (continued)
3:15pm – 3:45 pm	Applying EQ Knowledge and Skills to Real Life
3:45pm – 4:00 pm	Final Thoughts and Closing Reflections